

PWAC Track Safety Rules & Etiquette

Track and Field Safety

- Look both ways before crossing the track or any jump run-ups.
- No crossing the infield throwing area (roped off area) at any time.
- Do not stand on the track unless you are training as you may be in someone's way.
- You have permission to shout "TRACK" at anyone standing in your lane or if they are moving slower than you, to warn them of your approach.
- If someone shouts "TRACK" at you, stand still or hold your course. It is the faster athlete's responsibility to overtake safely. If you are running an effort always keep to the left and run in single file, except when overtaking.
- When finishing an effort you must be aware of athletes behind you and if necessary look over your shoulder. Slow down gradually and move clear without making any sudden movements.
- When jogging recoveries, warming-up or cooling-down, pay special attention to any hurdles or sprint groups using the outer lanes and stay out of their way accordingly.
- No ear or head phones to be used whilst using the track or infield area.
- All bags and clothing must be kept out of the way of other users.

Use of Equipment

- Equipment may only be removed from the store and used with the permission of a coach or adult responsible for supervising training.
- All equipment must be returned to the storage container at the end of training.
- Equipment must be clean and dry before being returned.
- Any damage to equipment must be reported to a coach.

Dress

- Track spikes maximum 6mm only.
- Correct footwear must be worn at all times.
- Dress appropriately for the training to be performed and for the weather conditions.

Food and Drink

- Please take care to avoid drink spillages on the facility.
- Clean up and report any spillages straight away.

- All litter must be placed in the bins provided or taken home.

General

- All athletes must be under the supervision of a qualified coach during club training nights. No throwing/jumping without a qualified coach present.
- All junior members must be registered before commencing training and must only leave training with the knowledge and permission of the coach/adult in charge.
- No playing in the sand pits or removing sand from them. No playing on the high jump mats.
- No roller skates/scooters/skateboards to be used anywhere in the facility.
- Treat other people as you would like to be treated. Respect other track users, coaches and officials.
- No dogs are allowed anywhere in the facility.

Repeated breach of rules may result in a ban from the facility