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Track Etiquette

- It is essential that during the course of track & field training sessions everyone operates within a safe environment
- Athletes and coaches must familiarise themselves with the safety recommendations listed below and act accordingly

LANE DISCIPLINE - MUST BE MAINTAINED BY ALL TRAINING GROUPS

- MIDDLE & LONG DISTANCE - LANES 2 & 3
- SPRINTS - LANES 4, 5 & 6 (5, 6, 7 & 8 on back straight)
- HURDLES - LANES 7 & 8

- Coaches must liaise with each other to ensure that the safety needs of all athletes are properly addressed during training sessions - including the needs of athletes with disabilities
- The track & field environment can be a very busy place - always look both ways before crossing the track or run-ups
- **ALWAYS** be aware of other track users
- The shouted word "TRACK" indicates that another athlete is approaching fast - if safe to do so, move to one side
- Athletes must only run on the track in an ANTI-CLOCKWISE direction - this includes warming up & warming down
- Sprinting "returns" must be clearly coned off before any activity takes place
- Be aware of any roped-off areas and always walk around these areas, never through them
- Young athletes must be supervised at all times while training
- Hammer, discus, javelin & shot should only be issued and used under the direction of a qualified coach



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- Equipment must not be left unattended around the track or in-field. It must be returned to the equipment storage facility immediately after use
- Track users must ensure that track spikes do not exceed 6mm in length
- To help preserve the track surface, please do not conduct any warming up activity in the final 50m of the home straight

PLEASE REMEMBER THAT THE SAFETY AND WELL-BEING OF ALL ATHLETES & COACHES IS THE TOP PRIORITY AT ALL TIMES