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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 and / 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.

The following was added on 15 March 2010 on the advice of UK Athletics:

- The central grass area is completely “out of bounds” to all athletes other than those retrieving thrown implements.
- A small triangular section of grass by the Judges stand will be clearly roped off from the main central area. This section must be used to gain access to and exit from the start line. Using this approach will help prevent accidents involving athletes finishing their reps and others preparing to start their own.
- The rotational swinging of any competitive implement will not be allowed in any area other than in the throwing cage.
- Warm-up drills involving rotational techniques must be conducted in a controlled area clearly marked off with cones
- All rotational throws will be subject to the correct positions of the throwing cage gates.
- Should there be a need to conduct “turnabouts” within a session then this must only be done once the prior agreement of other coaches and their groups has been secured. Turnabout sessions must be clearly segregated from other groups by at least one lane (preferably two) and clearly marked off with cones. Whenever possible these sessions should only be conducted when no other groups are using the track

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