



# BASINGSTOKE & MID HANTS ATHLETIC CLUB

## TRACK ETIQUETTE GUIDELINES

### INTRODUCTION

To reduce the risk of accidents and injury, all athletes should please take note of the following and adhere to our policies and guidelines at all times. These are intended for your safety and the safety of all those associated with the Club who train and compete at the Down Grange athletics facilities.

### BASIC PRINCIPLES

1. **Never** run or walk in a clockwise direction **on the track**
2. **Always** look right and left before stepping on the track
3. **If overtaking** other athletes, do so on the right; **do not shout 'track'**
4. **Do not jump or throw** unless told to do so by a coach.

### DETAILED RULES

- Good manners and thought for fellow athletes should be exercised at all times irrespective of age
- Coaches should always be aware of what other groups are doing. They should also regularly brief their athletes on etiquette, especially young athletes
- Always run in an anti-clockwise direction on the track
- Always look to the right and left before crossing or joining the track. Don't step out in front of other runners
- Warm ups/warm downs should be conducted off track
- All athletes should leave the track at the end of an effort or rep; if needing to return to a starting point elsewhere on the track, athletes should either walk/jog back on the outside of the track or on the inside **IF** there are no throwing activities taking place
- Lane 1 should only be used for timed runs. This is to avoid excessive wear of the track surface
- Use of starting blocks on the home and back straights should be confined to lanes 4-8. Use of starting blocks on the bends should be confined to lanes 6-8
- When overtaking an athlete with a lap or repetition in progress, the overtaking athlete must do so on the outside leaving sufficient space and not cutting to the inside until he or she is at least one stride clear of the athlete being overtaken
- Do not shout 'TRACK' if someone slower than you is running an effort/timed lap. You should move out to overtake them safely before moving back to the inside lane
- The **only** time that 'TRACK' should be shouted is where athletes find their lane blocked by someone jogging, walking, or standing
- Don't get in the way of lanes being used for hurdles or relay practice
- Always follow the instructions of track officials during competitions.



## **FIELD EVENTS**

- Make sure you know what you are doing before you throw
- Throws should be supervised at all times
- Signs indicating 'Throwing in Progress' should be placed at an appropriate place in the outfield to warn others of the danger
- Wait for your coach or official to tell you to throw and make sure the area is clear before you throw
- Never venture into the throwing area or retrieve throwing equipment without the express consent of your coach
- Always walk, do not run to pick up equipment
- Always follow the instructions of field officials during competitions.

## **JUMPS**

- Make sure you know what you are doing before you jump
- Wait for your coach to tell you to jump
- Make sure the runway and landing area is clear before you start your run up
- Always follow the instructions of field officials during competitions.

## **DOWN GRANGE FIELDS**

- Show respect and consideration for others using the playing fields and promote a safe environment for all
- Follow the instructions of your coach.

## **SPECTATORS**

- Spectators to remain outside the fenced area of the track during training and competitions unless purchasing refreshment, visiting the club cabin or viewing the results board.
- Take care on the grass bank by the home straight. The bank is steep and gets very slippery when wet
- Take care of youngsters and do not let them climb on the fence around the track.

## **ADDITIONAL GUIDELINES**

- Always be aware of those around you, especially younger, smaller athletes
- Wear appropriate footwear for your event and conditions
- Do not use the track if the surface is frozen or if there is thick mist
- Follow the advice of your coach or officials during heavy showers or summer storms.

Any accidents or injuries should be recorded in the First Aid folder located in the Club Kitchen.

Last Reviewed: February 2024

Next Review Date: February 2025