**Basingstoke & Mid Hants Athletics Club**

**Safety at the Down Grange ATHLETICS FACILITIES**

The BMHAC committee is fully aware of the need for safety at the Down Grange athletics facilities. It is our aim to maintain and improve safety for all during organised training sessions and competitions.

Whilst the committee can highlight the importance of safety, everyone has a responsibility for the safe use of the track and field areas. So, whilst the committee and the Council monitor and assess the safe use of facilities, we look to all our members and their families to take the necessary steps to ensure their own safety and that of fellow athletes and supporters.

Risk assessments have been completed in line with UKA requirements. To reduce the risk of accidents and injury, 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 range athletics facilities.

Track Etiquette

* Always look to the right and left before crossing or joining the track. Don’t step out in front of other runners.
* Always run in an anti-clockwise direction.
* Do not use lanes 1 or 2 for warm ups or cool downs.
* Athletes running an effort/timed lap should shout ‘TRACK’ if they find their lane blocked by someone jogging, walking, or standing.
* Move to the right or the infield if someone shouts ‘TRACK’.
* 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.
* Don’t get in the way of lanes being used for hurdles or relay practice.
* Do not take short cuts across the infield when throwing is in progress.
* 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.