



Sandringham Athletic Club

TRACK ETIQUETTE POLICY

Background

Track etiquette is an essential part of ensuring the safety and wellbeing of our athletes and all track users, particularly during peak training times. These will be used as a guide and the number of track users at any time should dictate their application.

Policy

Coaches will communicate their needs to other coaches at the start of each session and then cooperate to ensure safe and coordinated use of the track.

1. Athletes will only run in an anti-clockwise direction.
2. Starting practice will only be done at either *ends* of the track, and only in the outside lanes. Bend starts are to use the outside lanes only.
3. Hurdlers will only use the outside lanes.
4. Walking and warm up jogging will only use the outside lanes or the grassed area (unless throws are taking place).
5. Drills should be done in the outside lanes only.
6. Do not stand on the track chatting, particularly at the finish line area.
7. Loudly yell “track” to warn of a potential collision. If you hear the “track” warning, stop, look, and then make a decision on what action to take. That will usually be to stand still and let the athlete making the call pass you.
8. Look both ways before crossing the track.
9. When finished using the jumps pits, ensure all sand is swept back in and covers re-secured.
10. Do not cross the in-field during throws practice (“throws in progress” flags and signs are to be put out to remind athletes of this requirement).
11. Hammer throwers are to ensure they fill in all divots created with the sand mixture provided.

12. Do not leave unaccompanied equipment (i.e. hurdles, cones, wickets etc.) out on the track.
13. Be aware and considerate of other squads and athletes training within the same area and lanes.
14. If you are the last person finishing training on the track, please liaise with other athletes and ensure the four lane barriers around the track are closed. Do not leave it to the last person at the track as they may be there for a gym session.

Updated: 27 JULY 2022
Review Due: 1 JULY 2023