

Watford Harriers Track side Policy

It is essential that during track & field training sessions or competitions everyone operates within a safe environment at Woodside Stadium. Athletes, officials, coaches and parents must familiarise themselves with the safety recommendations listed below and act in accordance with the values of our Club.

- **No athlete has a higher priority to use the track than any other athlete based on age, performance, discipline or ability.**
- **Upon hearing TRACK athletes should maintain their path on the INSIDE Lane, as another athlete is approaching to overtake.**
- **It is the responsibility of the approaching runner to negotiate safe passage.**
- **NEVER stand still on the inside lane, unless you are about to start a race / run and no other athlete is approaching.**
- **DON'T stop suddenly on the track or stand still after stopping, especially in lane 1 and 2. Move immediately off the track upon completion of a run.**
- **Lane discipline must be maintained by all training groups (as advised by coaches).**
- **Be polite and respectful to everyone at all times.**
- **No-one is to walk across grass infield area when field events are in progress.**
- **Coaches must liaise with each other to ensure that the safety needs of all athletes are properly addressed during training sessions.**
- **All coaches have a duty of care and responsibility to ensure all athletes adhere to the Track Policy irrespective of the training group they attend.**
- Athletes must only run on the track in an ANTI-CLOCKWISE direction – this includes warming up and warming down, unless instructed otherwise by a coach.
- The track & field environment can be a very busy place – always look both ways before crossing the track and / or run ups.
- Small children need to be kept under control and away from the track, infield, long jump tracks and all competition / training areas.
- Parents and Guardians of U11's must not leave their children unattended or allow them to go onto the track, in the pits or in the stand without supervision. They must also stay on site whilst training takes place.
- NO USE OF MOBILE PHONES is permitted on the track or grass infield area.
- All athletes & track users are required to wear a top at all times.
- Be aware of roped-off areas and never cross through them.
- Please do not use any coned off lanes unless authorised by a coach.
- Animals are not advised at the track, however, if brought into the stadium, they must be in a lead and kept away from the track and athletes.
- Do not interfere with, or disrupt, a training session that is in progress. Please wait till the end of the session to speak to the coach, or raise any concerns with the clubhouse office.
- Only athletes, coaches & authorised personnel are to be on the track and field.
- Athletes must be supervised at all times. Any athletes with a personal sessions plan MUST share with the supervising coach and have agreement in advance.
- NO HEADPHONES are to be worn whilst undertaking athletic associated activities at the stadium.
- Sprinting "returns" should be clearly coned off before activity takes place.
- Should there be a need to conduct "turnabouts" within a session then this must be done once the prior agreement of the other coaches 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. If possible they should only take place when no other groups are using the track.
- Hammer, discus, javelin and shot should only be issued and used under the direction of a qualified coach.
- The rotational swinging of any competitive implement will not be allowed in any area other than in the throwing cage (this includes warmup drills).
- All rotational drills will be subject to the correct positions of the throwing cage gates.
- Equipment must not be left unattended around the track or infield. It must be returned to the equipment storage facility immediately after use.
- No ball games are allowed in the stadium.
- No spitting on the track and anyone feeling sick after a run, please move to the side of the track on the grass areas.

Non-adherence to the above may result in disciplinary action against the individual(s) concerned.