

## Andover AC – Track Rules

During the track and field season (especially the summer season) the track will be extremely busy with athletes of all abilities and ages. To avoid accidents could all athletes and coaches adhere to the following track etiquette.

Please note, this document is intended as a guide only and should be used in conjunction with any instructions provided by individual coaches.

### General:

- All users of the track must run in an anti-clockwise direction
- If the track is not busy, it is usually acceptable to do warm-up drills in the outside lanes. This is the only time it is OK to run in a clockwise direction. When in doubt, do your drills on the infield provided it is safe to do so.
- Always look both ways before crossing the track
- Never stand on a track, especially in lanes 1 & 2
- On hearing the term 'track' please move to the right of the track to avoid collision, once the athlete / group of athletes has passed move back to your original lane
- Please consider other track users - don't make unnecessary noise near the start or the areas where the field events are taking place. Encouragement from the infield is also not permitted.
- Don't use headphones or your mobile phone on the track or infield. This is potentially dangerous and may stop you from hearing other track users or safety announcements.
- An athletics track is designed for athletics! Please keep footballs, rugby balls etc. well away and if your animal is a spectator, please ensure that you keep it under control and remove any mess.

### Lane Discipline:

- Large training groups should split into smaller groups (i.e. 2-3 people maximum) so they do not take up large areas of the track where other uses may wish to train.
- When athletes are preparing for a rep/set to start they should not linger on the track for a prolonged period of time, but should start the rep/set in a timely fashion. This is especially important when several groups are using a select area of the track (i.e. sprinters using the straights).
- At busy times endurance athletes should use lanes 1&2, hurdlers should use lanes 3&4 and sprinting should take place between lanes 5&8

### Throws Areas:

- The in-field is generally out of bounds unless you are a competitor or an official in the event in session. This means that, if you are late for your event, you have to walk around the outside of the track. This may take longer but will help prevent you from being hit by a throwing implement.
- At all times treat the infield like a motorway and do not cross, if you have to cross ensure you look both ways and assess the danger before crossing
- Avoid crossing jumping and throwing sectors during club nights

### Jumps Areas:

- Avoid crossing jumping and throwing sectors during club nights