



WARRINGTON

ATHLETIC CLUB

Track & Field Etiquette

To ensure the safety and enjoyment of all members, the following rules must be adhered to at all times. Nobody is permitted on the track unless they are a coach, athlete or club volunteer.

1. **Do not cross the track** without first checking that no runners are approaching. Ensure there is plenty of time to get across before any runners reach you. Do not stand talking on the track. Do not wear headphones whilst crossing the track.
2. **Do not cross the infield** if any throwers, jumpers or other athletes are using the facilities. You must go round the outside of the track or infield cordon to get from one side to the other. Do not cross or mess with the tape marking out the infield area. Whilst in use, there should be no crossing in front of the cage or throwing areas and no standing or leaving bags too close.
3. The inside section of the track is to be used for **coached sessions only**. Don't warm up/cool down or recover between repetitions on the inside 4 lanes. Use the outside half of the track.
4. All running in the inside section must be in an **anti-clockwise direction**. The direction of running in the outside section is at the discretion of the athlete although it is expected they will exercise common-sense and due care and attention if others are also running in this area.
5. If someone is clearly warming up or down or in the recovery part of a session on the inside 4 lanes this is incorrect (see point 1 above). If by doing so they are impeding your progress you should call out "**Track**" which is the standard athletics terminology in such situations. If they do not move to the outside lanes advise your coach of the issue.
6. However, do not assume that because they are running more slowly than you they are not training hard. People run at different speeds and everyone is equally entitled to use the inside lanes when they are training hard.
 - a) When overtaking someone training hard but running more slowly than you are you must run **outside** them i.e. do not expect them to let you pass on the inside.
 - b) When overtaking other athletes, particularly younger runners, ensure you give **sufficient room** to avoid any risk of contact.
 - c) If running hard but being overtaken you are entitled to remain on the inside lane. **Do not move** out to let faster runners come through on the inside as sudden lane changes are likely to cause accidents.
7. **Respect** your fellow athletes and coaches and give them the same courtesy you would expect to be shown yourself.