

**RYSTON RUNNERS  
ATHLETICS CLUB**

**Track and Field Etiquette**

It is essential that during the course of track and field training sessions everyone operates within a safe environment. Athletes and Coaches must familiarise themselves with the safety recommendations listed below and act accordingly.

**LANE DISCIPLINE – MUST BE MAINTAINED BY ALL TRAINING GROUPS**

**To be agreed by coaches prior to the session beginning.** Coaches must ensure that all athletes are aware of the lanes they should be operating within.

The following is suggested:

1. MIDDLE & LONG DISTANCE – Lanes 2 & 3
2. SPRINTS – Lanes 4 & 5
3. HURDLES – Lane 6
4. Coaches must liaise with each other to ensure that the safety needs of all athletes are properly addressed during training sessions.
5. The track & field environment can be a very busy place - always look both ways before crossing the track and / or run-ups.
6. ALWAYS be aware of other track users.

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7. The shouted word "TRACK" indicates that another athlete is approaching. **IT IS THE RESPONSIBILITY OF THE APPROACHING RUNNER TO NEGOTIATE A SAFE PASS.**
8. Athletes must only run on the track in an ANTI-CLOCKWISE direction – this includes warming up and warming down.
9. Junior athletes must be supervised at all times while training.
10. Hammer, discus, javelin and shot should only be issued and used under the direction of a qualified coach.
11. Equipment must not be left unattended around the track or infield. It must be returned to the equipment storage facility immediately after use.
12. Track users must ensure that track spikes do not exceed 6mm in length.
13. The central grass area is **completely "out of bounds"** to all athletes other than those retrieving thrown implements.
14. The rotational swinging of any competitive implement will not be allowed in any area other than in the throwing cage.
15. Should there be a need to conduct "turnabouts" within a session then this must only be done once the prior agreement of other coaches and their groups has been secured. Turnabout sessions must be clearly segregated from other groups by at least one lane (preferably two)

**PLEASE REMEMBER THAT THE SAFETY AND WELL-BEING OF ALL ATHLETES  
& COACHES IS THE TOP PRIORITY AT ALL TIMES**