



TRACK ETIQUETTE

OBSERVE, DISCUSS, CO-OPERATE AND TRAIN

Glasgow Club Crownpoint Sports Complex

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WORKING TOGETHER TO TRANSFORM LIVES IN GLASGOW

PARTNER



SUPPORTER



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ATHLETICS TRACK ETIQUETTE AND GUIDANCE



The Crownpoint 400m Outdoor track and training facility has been designed and developed to enable athletes of all abilities to participate, improve and enjoy athletics. To ensure that all users are able to safely and effectively utilise the track, the following track etiquette and guidance has been implemented. It is intended as a guide on the behaviour and conducts which athletes and coaches should adhere to at all times but in particular on busy sessions.

OBSERVE, DISCUSS, CO-OPERATE AND TRAIN.

It is the club members/coaches and athletes responsibility when arriving at the track area to OBSERVE what other track users are doing. DISCUSS with them their usage and CO-OPERATE with them to ensure agreed usage before commencing the session.

The track is for the benefit of all club members/coaches and athletes and it is expected that through working closely with Crownpoint management and staff these guidelines will ensure that the track is maintained and enjoyed by everyone.

- 1.** It is a condition of use that all athletes must wear a wrist band on their wrist or through their laces for spikes/trainers when participating in athletics. Coaches are responsible for ensuring that all their athletes are wearing wristbands at all times. Band checks will be conducted by venue staff.
- 2.** Don't use headphones or mobile phones on the track or infield. This is potentially dangerous and may stop you from hearing other track users or safety announcements.
- 3.** Be polite and respectful to other athletes, coaches and venue staff.
- 4.** Eating and drinking is not permitted within the track area with the exception of bottled water which must be retained within a sealed plastic container.
- 5.** Do not spit or clear your nose whilst using the track.
- 6.** Large training groups should split into smaller groups so they do not take up large areas of the track where other users may wish to train.
- 7.** Always run in an anti-clockwise direction, including when running down the home and back straights. Only when running around the track – some sessions contain back to back sprint elements; this will be the responsibility of the coach to control.
- 8.** The track should be treated like a road always look both ways and make sure it is safe to cross at all times.
- 9.** Training areas must remain clear at all times. All personal belongings must be stored to ensure this. There are lockers in the changing corridor or reception area within the building.
- 10.** Coaches must ensure that when using the throws cage for Discus and Hammer Throwing, the nets must remain closed and only the throwing athlete is permitted within the enclosed area of the throw. When using the throwing area for Javelin, prior notice to the management will be required.
- 11.** When athletes are preparing to start their training they should not linger on the track for a prolonged period of time but should start in a timely fashion. This is especially important when several groups are using the same area of the track.
- 12.** Always be aware of nearby track users. When you finish an interval look over your shoulder and move off the track.
- 13.** Coaches and athletes are responsible for ensuring that any equipment used is returned to the correct storage location.
- 14.** All athletes must be supervised by a coach at all times if they are utilising the throws cage or high jump.
- 15.** Between 5pm – 9pm (Monday – Friday) hurdle training should be restricted to lanes 5, 6 & 7 in the home straight area.
- 16.** No athlete has precedence over another when using the track regardless of their ability. If a faster athlete wishes to pass a slower athlete then the faster athlete should shout "overtaking" in plenty of time. Overtaking should take place on the outside. The slower athlete will be expected to maintain their lane and allow the faster runner to pass.
- 17.** Only up to 7mm spikes ("Pyramid or Christmas tree") will be permitted within the track environment.