** BURTON ATHLETIC CLUB – Track Etiquette 2018**

The following is a guide on the behaviour and conduct which must be adhered to by athletics track and field arena users. This is intended as a guide only and should be used in conjunction with any instructions provided by any coaches or officials in attendance.

**Basic Rules and Guidance**

1. Before, during and post training and competition times **always run in an anti-clockwise direction**.
2. The fast or ‘inside’ lane is to the left. Lane numbering (Lane 1) is the inside lane through to Lane 8 (the outside lane). Lanes 1 and 2 should be used mainly by the fastest/distance runners during training sessions. The outer lanes should be used by athletes doing their warm up or cool down in an anti-clockwise direction. Any warm ups or cool downs done in a clockwise direction **must** be done outside of the track lanes.
3. Treat the track and infield like you would a road. Look both ways and make sure it is safe to cross at all times.
4. If a faster runner comes up behind you and wants to pass, they will shout **“track”**, on hearing this move to the outer lanes, if it safe to do so, allowing the faster runner to pass. When passing someone, always give plenty of warning of your approach from behind and shout **“track”** wait for them to move into the outer lanes then continue in your lane.
5. Never stand on the track. Especially in lanes 1 or 2. Always look both ways before crossing the track. When you finish an interval always look over your shoulder to make sure it is clear before moving to the right to stop. **NB**. If you move to the left you are more likely to get run over by another runner.
6. Don’t use headphones or your mobile phone on the track or infield. This is potentially dangerous and may stop you hearing other track users or safety announcements.
7. If the track is not busy, during competition, it is usually acceptable to do warm-up drills in the outside lanes. This often means you will be running back and forth on the straights or bends. When in doubt, do your drills on the infield or outfield providing it is safe to do so. During training, it is also acceptable, under the guidance and agreement of the coaches, to run back and forth. These are the only times that it is acceptable to run in a clockwise direction.
8. Please consider other track users – don’t make unnecessary noise near the start or the areas where field events are taking place. Encouragement from the infield is not permitted during competition.
9. During competition, don’t run across the finish line unless you are participating in a race as this may interfere with the timekeepers, track judges and photo-finish/electronic timing equipment.
10. 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 will have to walk around the outside of the track. This may take longer but will help prevent you getting struck by a throwing implement.
11. During training sessions the in-field/Throwing area is **out of bounds** other than throwing athletes collecting implements and for throws coaches. Not at any time is it acceptable for any athletes other than the above to enter the in-field/Throwing area.
12. Be polite and respectful to coaches and officials – they are giving up their time to help you and should always be thanked after training and competitions.
13. The steeplechase water jump is not a swimming pool and the jumps pit is not a beach! Similarly the high jump and pole vault beds are for landing on and not for resting or playing!
14. Young athletes should be supervised at all times.
15. Please do not leave litter for others to clear up and make sure you keep your valuables safe.
16. Finally, a track is designed for athletics! Please keep footballs etc. well away!