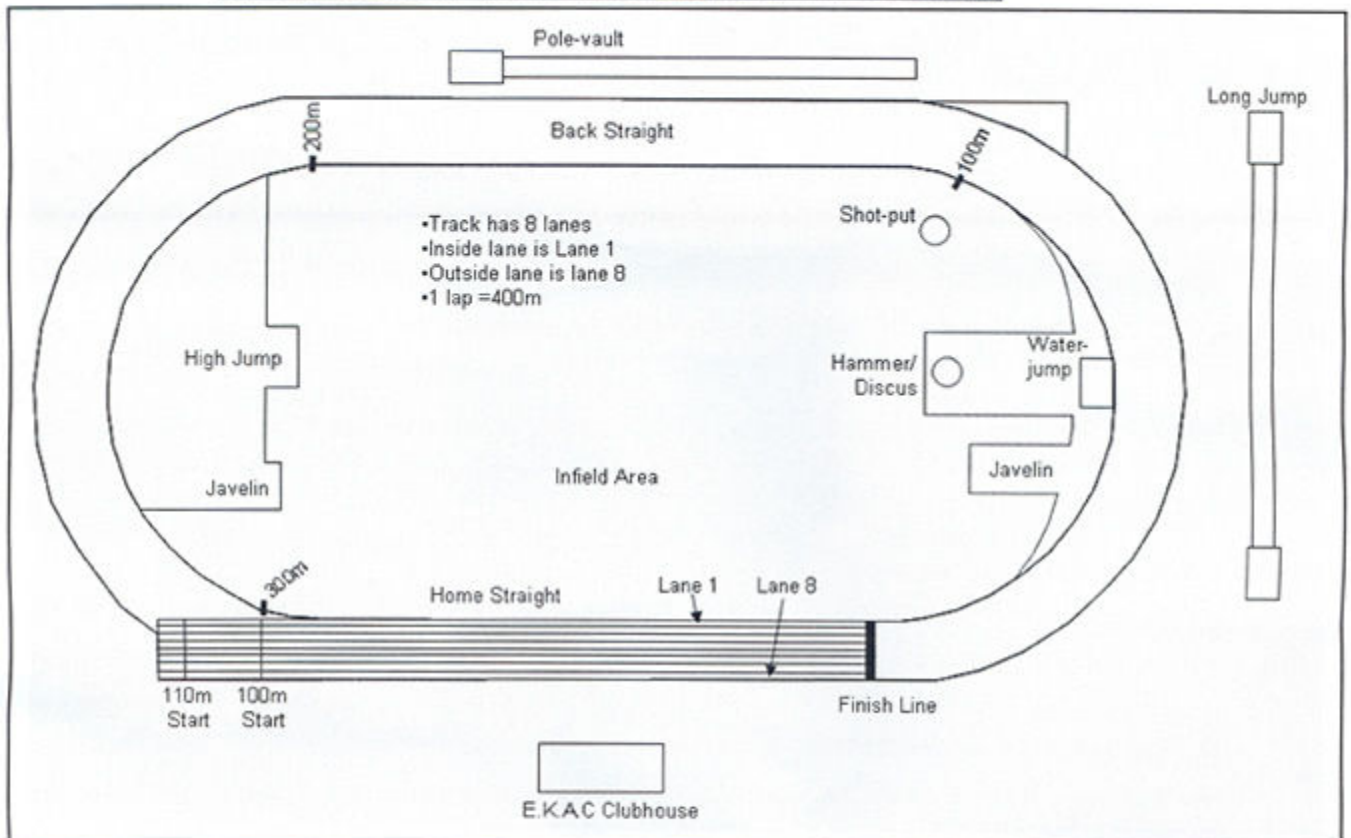


## INTRODUCTION TO THE ATHLETICS TRACK AREA



### Rules of the Track (& Field)

The use of an all-weather track & field arena is enjoyable, and essential for an athlete's fitness, but there are 10 basic rules everyone MUST follow to ensure the experience remains safe for all.

1. The running direction on the track is anti-clockwise.
2. Think of the track as a busy road with fast traffic, so always look both ways before crossing.
3. After finishing fast work, get off the track immediately, in case other athletes are coming through fast. Never stand around on the track just talking – you wouldn't do it on a busy road, so don't do it on the track. Stay off the track until you are called to line up for your next fast repetition effort.
4. Warm up laps and recovery jogs should be done on lanes 7 & 8, or on the grass and paths outside the track. Stretching and mobilisation should be done on one of the many areas on the outside of the track.
5. Use lanes 1 & 2 for fast work, at distances greater than 100m. Sprinters generally use lanes 3, 4 and 5 for sprint work, and hurdles are usually in lanes 6, 7 and 8.
6. If someone steps onto the track in front of you, or changes lane abruptly while you are running fast, shout "TRACK". This is a warning to them that they are in the way. Pass them on the outside, to their right.
7. Similarly, if you hear the shout "Track" from behind you when you are training, then you are probably in the way of an oncoming athlete who is likely to be travelling very fast. So get out of the way, to the inside of lane 1 as quickly as possible. Note that faster runners do NOT have priority over other runners who are also training hard, just because they are faster. It is the responsibility of the faster runners to overtake on the outside, but they can only do this safely if you keep into the left and don't zigzag.
8. The infield, grass areas can be very dangerous if throwing events are taking place. Never cross the infield unless your coach says it is safe to do so, and always keep looking to spot any dangers. If you need to get to the opposite side of the track, either jog in lanes 7 & 8, or stay on the grass following the inside edge of the track, until you get to your destination. Throwing events are fun, but the implements used can be dangerous, so there are special rules for throwing that your Coach will teach you. One general rule is that, if you are throwing, look in the direction your implement will land and make sure it is safe to throw before you do so.
9. Run-up areas for jumps and throws should be kept clear for the athletes who are using them. Landing areas should also be kept clear of stones, sticks, glass and other materials that could cause injury. If you are jumping, look at the run-up and landing areas and do not commence your jump until it is safe to do so.
10. Obey your Coaches and Adult Helpers at all times, and show respect & consideration for other track users.