

## RUN TRACK\_ETIQUETTE

The track at Moulton is for all ages and abilities, often split into groups (junior and senior groups). The below covers some basic track etiquette to provide all some basic rules of how we use and share the track.

### 1. Be Prompt:

Please aim to be at the track 10minutes before the session starts to allow sufficient time to sign in, register, change into run kit, fill water bottle etc...

### 2. Introduce yourself:

New to the group? Returning to the group? Introduce yourself. Firstly, to the coach and then others.

### 3. Talk to your coach:

If you have any medical issues on the day, please inform the coach – don't be shy about it as a simple "niggle" can amplify itself, the coach might be able to adjust your set accordingly. Any other questions, feel free to talk to your coach.

### 4. Track rules:

1. ALWAYS look both ways when entering the track or crossing it.
2. Main session is done in Lanes 1,2,3 in an ANTI CLOCKWISE direction.
3. After your rep move to a slower lane to allow people doing efforts to stay on the inner lanes.
4. If someone shouts 'TRACK' either move to the right or move to the infield and let them pass you.
5. Should an athlete running an effort/timed run find their way blocked by someone jogging/walking/standing on the inside lanes, they should shout 'TRACK' to get the offender to move out of the way immediately.
6. Overtaking during efforts is done to the right-hand side.
7. Don't stop suddenly on the track, if you do move to the infield.
8. Warm up and cool down are in lanes 6,7,8 CLOCKWISE: This allows for any runners still doing the session to have clear visibility and reduce the risk of collisions.

### 5. Parent, Partners:

Unless assisting the coaches: Please do not interfere with the session, we all love a bit of support but individuals training are under the direction of the coach ONLY – please do not distract the session by voicing support or opinion's – The coach will be available before and after the session for any questions.

April 2019  
End