



## Track Etiquette:

### **Behaviour and conduct of athletes and coaches at times when the track at Middlesbrough Sports Village appears particularly busy.**

- Always run in an anti-clockwise direction, including when running down the home and back straights.
- Lanes 1 and 2 should be used mainly by the faster runners in the training session. The outer lanes should be used by athletes doing their recovery run, warm-up or cool-down.
- Lanes 9 and 10 on the home straight are reserved for hurdlers and should not be used by other athletes when the hurdles are in place. Hurdlers may run the opposite way up the home straight in these lanes only during adverse weather conditions.
- No athlete has precedence over another that is using the track correctly, whether they are a runner or a wheelchair user; if a faster athlete wishes to pass a slower athlete (who is completing a rep/set) then the faster athlete should go around the slower athlete, as they would do in a race.
- Treat the track and infield like you would a road. Look both ways and make sure it is safe to cross at all times.
- Drills should take place on the infield or high jump area, provided it is safe to do so and other events are not taking place there.
- Never stand on the track, especially where they may be fast runners, such as in lanes 1 and 2 or on the home or back straights.
- When athletes are preparing for a rep/set to start they should not linger on the track for a prolonged period of time, but should start the rep/set in a timely fashion. This is especially important when several groups are using a select area of the track (i.e. sprinters using the straights).
- Similarly, large training groups should split into smaller groups so they do not take up large areas of the track where other uses may wish to train.
- Don't use headphones or your mobile phone on the track or infield. This is potentially dangerous and may stop you from hearing other track users or safety announcements.
- 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!
- Please do not leave your litter for others to clear up, and make sure you keep your valuables safe.
- Finally, a track is designed for athletics! Please keep footballs etc well away.