



Track Etiquette Protocols

Revision

This policy was last updated on 12 September 2020.

Purpose of this Protocol

These protocols are in place for the safety and wellbeing of all track users and patient communication is key to their consistent adoption. They are a guide only and the level of track use at the time will dictate their application.

General Protocol

Coaches will discuss with other Coaches their needs at the start of each session and then cooperate to ensure safe and coordinated use of the track.

1. Athletes will only run in an anti clockwise direction.
2. Starting practice will only be done at the ends of the track, the 110m start line or runoffs beyond the finish line in both straights, and in the outside lanes. Bend starts are to use the outside lanes only.
3. Hurdlers will only use the outside lanes.
4. Walking and warm up jogging will only use the outside lanes or the grassed area (unless throws are taking place).
5. Drills should be done in the outside lanes only.
6. Do not stand on the track chatting, particularly at the finish line area.
7. Loudly yell "track" to warn of a potential collision. If you hear the "track" warning, stop, look, and then make a decision on what action to take. That will usually be to stand still and let the athlete making the call pass you.
8. Look both ways before crossing the track.
9. Do not cross the in-field during throws practice (throws "warning" signs to be used to remind athletes of this requirement).