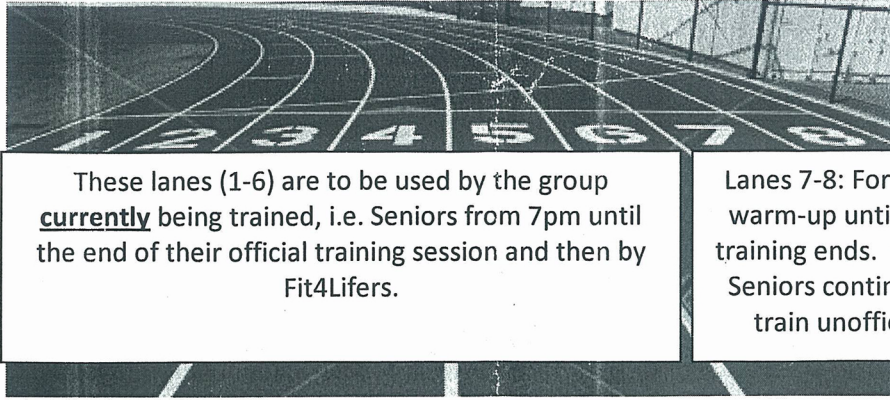


# SAFETY AND TRACK ETIQUETTE



These lanes (1-6) are to be used by the group **currently** being trained, i.e. Seniors from 7pm until the end of their official training session and then by Fit4Lifers.

Lanes 7-8: For Fit4Life warm-up until Senior training ends. Then, by Seniors continuing to train unofficially.

In order to ensure the safety of all track users, please adhere to the following guidelines during Tuesday and Thursday's adult training sessions.

**SENIORS:** Senior training takes place from 7pm until approx 8pm. **During the official training session the Seniors will use Lanes 1-6.** Lanes 7-8 will be coned off around the track no later than 7.45pm to ensure a safe warm-up area for Fit4Lifers. The area near the track entrance, will be cordoned off with tape. **Once official Senior training ends, please use lanes 7-8 only of the main track or else the M60 (the narrow outer track).** Please run anti-clockwise only to ensure all athletes are running in the same direction.

**FIT4LIFERS:** Fit4Life training is from 8-9pm. Fit4Lifers should aim to arrive at the track for 8pm (but no earlier than 7.50pm please). On arrival, Fit4Lifers should immediately commence their warm-up in lanes 7-8 or else the M60 (the narrow outer track). Please do not gather at the Clubhouse. **Please remain in Lanes 7-8 until the Seniors' official training session has finished.** At that stage, please switch to Lanes 1-6. **During the entire Fit4Life training session, please stay out of lanes 7-8, leaving them free for other athletes.**

## SOME GENERAL GUIDELINES FOR SAFE USE OF THE TRACK

- **Never step onto the main track, from the car park, clubhouse or M60, without first checking for running athletes.** Athletes already on the main track have priority.
- **Do not stop suddenly or weave** on the track without first checking for other athletes behind you. If you are in Lane 1 and the track is very busy, step onto the field area if you need to pull up.
- All athletes on the track must **run in the same direction** during training sessions.
- Static athletes **on the path outside the clubhouse** should **face the track**, with backs to the clubhouse, to reduce the risk of stepping (blindly) backwards onto the track.
- If, for any reason, there are static athletes standing on the track near the clubhouse, running athletes should pass on the inner side (i.e. **do not run between static athletes and the clubhouse**). 2 wrongs don't make a right – they only make an injury!
- **M60 track users** (outer track) should **yield to athletes on the main track**, as the M60 users have a better vantage point.
- If using the **M60**, please move to one side to **allow a faster athlete to safely overtake on the track**. Please do not require them to jump off the track, risking an injury.

The same general principles of safe driving and road use should be applied to the track. Please be aware and please consider other athletes. Safe walking, jogging and running!