

## Manx Harriers - Track Etiquette for Thursday Night Training Sessions from 28/03/2019

### Athletics Track Rules

- \*Treat the track as you would a main road, look both ways before crossing
- \*If you have completed an effort do not walk across the track without checking
- \*Do not cross the inner field when the Long Throws are taking place.
- \*Never enter the roped off sector – the throwing implement landing area
- \*The use of headphones is banned during the club session – if wearing them you may not hear Safety instructions or warnings
- \*Do not leave starting blocks or hurdles on the track after use
- \*Return all equipment as the NSC staff request – if you are not sure what they want then ask them
- \* Follow the coaches instructions and requests – these are for your safety and to help you improve

### Basic Rules For All (athletes, coaches, parents, spectators etc)

- \*Be Polite and Respectful at all times to all athletes, coaches, officials and spectators
- \*Foul and abusive language will not be tolerated
- \*Young athletes and children must be supervised at all times by parents or coaches
- \* No Parent or Spectator should enter the outer track fence during training or competition

6pm to 7.30pm - Lanes 1, 2, 3 & 4 – Senior athletes (if Walkers, Sprinters and Middle Distances present coaches to discuss lanes)  
Lanes 5&6 (plus 7&8 in home straight) - Junior athletes

7.30pm to 9pm - Lanes 1, 2 & 3 – Walkers, Middle Distance athletes  
Lanes 4, 5 & 6 (plus 7&8 in the home straight) - Sprinters & Hurdlers