



TRACK ETIQUETTE

Document History

Version	Date	Notes
Initial	1/3/2010	Policy written
2	1/6/2020	Minor amendment to policy wording
3	14/9/2020	Minor amendment to policy wording
4	7/6/2026	Amendment to Lane Discipline wording

It is essential that during the course of track & field training sessions everyone operates within a safe environment.

Athletes and coaches must familiarise themselves with the safety recommendations listed below and act accordingly.

- Coaches must liaise with each other to ensure that the safety needs of all athletes are properly addressed during training sessions - including the needs of athletes with disabilities. Any variation from standard lane allocations during exclusive hire periods must be agreed by all coaches of the affected groups.
- The track & field environment can be a very busy place - always look both ways before crossing the track and / or run-ups.
- **ALWAYS** be aware of other track users.
- The shouted word "TRACK" indicates that another athlete is approaching fast – if safe to do so, move to one side.
- Athletes must only run on the track in an ANTI-CLOCKWISE direction - this includes warming up & warming down.
- Sprinting "returns" must be clearly coned off before any activity takes place.
- Be aware of any roped-off areas and always walk around these areas, never through them.
- Young athletes must be supervised at all times while training.



- Hammer, discus, javelin & shot should only be issued and used under the direction of a qualified coach.
- Equipment must not be left unattended around the track or in-field. It must be returned to the equipment storage facility immediately after use.
- Track users must ensure that track spikes do not exceed 6mm in length.
- To help preserve the track surface, please do not conduct any warming up activity in the final 50m of the home straight.
- The central grass area is completely “out of bounds” to all athletes other than those retrieving thrown implements.
- The rotational swinging of any competitive implement will not be allowed in any area other than in the throwing cage.
- Warm-up drills involving rotational techniques must be conducted in a controlled area clearly marked off with cones.
- All rotational throws will be subject to the correct positions of the throwing cage gates.
- Should there be a need to conduct “turnabouts” within a session then this must only be done once the prior agreement of other coaches and their groups has been secured. Turnabout sessions must be clearly segregated from other groups by at least one lane (preferably two) and clearly marked off with cones. Whenever possible these sessions should only be conducted when no other groups are using the track

**PLEASE REMEMBER THAT THE SAFETY AND WELL-BEING OF ALL
ATHLETES & COACHES IS THE TOP PRIORITY AT ALL TIMES**



LANE ALLOCATION

During periods of exclusive hire coaches must adhere to the current lane allocations and convention as shown below.

As noted in the track etiquette guide, coaches may vary the lane allocation by agreement of all coaches across the affected groups. This may be for safety or operational reasons.

LANE 1,2 & 3 – Continuous laps for Combined Events, Endurance, Foundation (A365) and warm up / cool down

Endurance and Foundation to use lanes.1&2 only. If both groups are doing continuous laps at the same time, the coaches must coordinate use of lanes.

Combined Events sprints/long hurdles should liaise with Endurance/Foundation prior to using lanes. Generally, straight sprints will be conducted along the home straight in between Endurance/Foundation reps/sets. Long Hurdles will be conducted in lane.3.

If Endurance/Foundation have finished reps/sets, they should only use lane.1 for cool down with Combined events free to use lanes. 2 &3.

Warming up and cooling down to be conducted in lane.3 where possible. If lane.3 is being used for sprints or long hurdles, then lanes.2 should be used with only lane.1 being used for reps/sets

LANES 4,5,6 & 7 - Back Straight for 100m from Sprint start – Sprints Group

LANES 4,5,6 & 7 - Home Straight for 60m from Sprint start – Hurdles Group

LANE 8 – Currently out of use (as directed by the facility operator)