

**Cannock & Stafford AC**  
**Track Etiquette**  
**2025**

**Track and Field Rules - Club Nights.**

**TRAINING DISCIPLINES**

**Warm Up / Cool Down** To take place clockwise leaving inside lanes clear for athletes already training. Pay attention at all times of other users of the track

**All Lanes** Sprints and Endurance, with due consideration for other users. Blocks to be set up so not to hinder other athlete's sessions

**Lanes 5,6,7 & 8.** Hurdles in the home straight (Monday and Wednesday nights only unless agreed with other coaches in advance)

**Lanes 7 & 8** 400m Hurdles (Monday and Wednesday nights only unless agreed with other coaches in advance)

**Coaches, please liaise with other coaches if working on the same area of track. Consideration for others and professional discussion will often resolve working arrangement and facility problems!**

**PLEASE DO NOT!**

- Use bad language or spit on the track
- Train without Vest/Tops or, wear clothing that is inappropriate.
- Throw in any area other than those specifically designated for the event.
- Walk across High Jump, Long and Triple Jump or Pole Vault run up areas without first checking if in use by other athletes.
- Use equipment or soft landing mats/areas, without the supervision of your coach.
- Walk back on the track on the inside lanes or other lanes being used by other athletes – it is unfair to other groups!
- Eat in, or take food into, the training areas. (Sports drinks and water are permissible)
- Use mp3s, mobile phones and the like during a training session whilst on the track, jumps run ups or within throws areas.
- Use hurdles unless under supervision from a qualified coach (Seniors\U20's excluded)
- Use the long throws area unless the Council staff are aware and have fenced off the area
- Throw "up the field" towards other throwers or the cage in the long throws area.

**ALWAYS!**

- Show consideration for all other users at all times.
- Look both ways before you cross the track.
- If you are in the way of another athlete whilst they are running, they will shout "**TRACK**" to make you aware that they are approaching. On hearing this shout move off the track or to the outer lanes if it is safe to do so. If you can not react in time, stand still. When approaching others that are standing in your way always try to give plenty of warning time. Shout "**TRACK**"
- If approaching another athlete who is training or running in the same lane as you, always pass on the **outside** of them unless to do so would result in greater risk of an accident occurring.
- Leave the track/field area when you have finished your session.
- Return equipment to where it was taken from (Equipment Store and Hurdles compound) placing tidily in the same location it was found.

**DO NOT GO ON THE TRACK OR FIELD AREAS IF,**

- You are a **Parent, Relative or Friend** of athletes or a **Visitor to the Club**, unless a club official is escorting you on official business. You could place yourself in danger and you are not covered by Insurance in such circumstances!