Safe Track Use & Etiquette

The following reflect minimum standards. Duty Managers may supplement with additional rules or requirements based on the activities undertaken in a session.

- Listen to the instructions of your coach, the Duty Manager and/or any AVCAT representative
- All participants should stay within lanes 2 to 6 (unless there is prior agreement for the use of lane 1)
- Participants should stay in the inside lane whilst running their efforts. Overtaking runners should pass on the outer lanes
- If moving from an inside lane to an outside lane, participants must look back first to make sure a faster runner isn't about to pass
- The finishing area should be kept clear at all times
- When finishing a lap/rep, participants should be conscious of other runners behind them. Participants should continue through the line and gently slow to a jog, prior to stopping
- More than one session may be going on at the track at the same. Participants must check who is running as they walk on to the track and as they finish a lap/rep as it may be necessary to move to another lane so not disrupt other runners
- Participants should move off the track to do things like tie shoes laces, have a drink, etc.
- During a session if someone is on the track but not paying attention and is standing in the way, shout "TRACK" to get their attention and so they can move out of way. If you hear "TRACK", participants must check quickly, to see if they need to move
- Try not to run more than two abreast, as large packs of runners can be dangerous and block other runners. More than two abreast is only OK at the start of a lap/rep or whilst passing
- Participants must not use devices which could cause a distraction or affect/limit their awareness of surrounding activities whilst running; for example, making calls on a mobile phone
- Headphones must not be used whilst running. Bone-conducting headphones may be used, but participants must ensure they manage volume levels to be able to hear surrounding activities and instructions from Duty Managers, coaches, etc
- When crossing the track, participants must check both directions to ensure it is safe
- Participants should try to stay off the grass, especially when it is muddy, so debris isn't brought on to the track surface
- Only cross the infield of the track when there are no throwing events or training happening
- There should be no spitting on the track