1. Always run in an anti-clockwise direction.
2. Treat the track and infield like you would a road. Look both ways and make sure it is safe to cross at all times.
3. The ‘fast’ or ‘inside’ lane is to the left. Lane 1 is the inside lane through to Lane 6 (outside lane) and Lane 8 (the outside lane on the home straight). Lanes 1 and 2 should be used mainly by the fastest runners in the race or the training session. The outer lanes should be used by athletes doing their warm-up or cool-down.
4. Look out for others on the track, don’t get in the way of lanes being used for hurdles, steeplechase, or relay practice.
5. If a faster runner comes up behind you and wants to pass, they will shout ‘track’. On hearing the shout ‘track’, move to the outer lanes if it is safe to do so. When passing someone, always give them plenty of warning time. Say ‘track’, wait for them to move over, and continue in your lane.
6. Never stand on the track, especially in lanes 1 and 2. When you finish an interval, don’t just stop on the track. Look over your shoulder and move to the right as you slow down and stop.
7. If the track is not busy, it is usually acceptable to do warm up drills in the outside lanes. Often this means you will be running back and forth on the straights. This is the only time it is OK to run in a clockwise direction.
8. Please consider other track users – don’t make unnecessary noise near the start or the areas where field events are taking place. Encouragement from the infield is also not permitted.
9. Don’t use mobile phones or headphones on the track or infield. This is potentially dangerous and may stop you from hearing other track users or safety announcements.
10. During competition, don’t run across the finishing line unless you are participating in the race as it may interfere with timekeepers, track judges and photo finish/electronic timing equipment.
11. The in-field is generally out of bounds unless you are a competitor or an official in the event in session. This means that, if you are late for your event, you have to walk around the outside of the track. This may take longer but is much safer and will prevent you from being hit by a throwing implement.
12. Be polite and respectful to coaches and officials, they are giving up their time to help you and should always be thanked after training and competitions.
13. The steeplechase water jump is not a swimming pool and the jump pit is not a beach. Similarly, the high jump and pole vault mats are for landing on not for resting and playing!
14. Young athletes should be supervised at all times. Do not allow pets or children to run freely on the track. Please don’t leave any litter for others to clear up and keep your valuables safe.
15. Finally, this track is designed for athletics. Please keep footballs etc. well away from the track area.