



TRACK & FIELD USEAGE GUIDELINES

The following section highlights guidelines for facility use which respects the track and field areas and the equipment, as well as other users and user groups. Most of these guidelines are common sense and good etiquette. When they are followed it will make all user groups' experiences more enjoyable.

Note peak times are referred to as Monday - Thursdays 4:00pm-6:30pm

Please read the below guidelines and tick boxes to indicate you understand and agree to each item. Once completed, please sign below.

- always run **counter-clockwise** during peak times on the track.
- to ensure a continuous flow during peak time coaches and athletes should avoid using the inner lanes for warm up and warm down. The inner lanes should be considered the "fast" lanes and the outer lanes the "slower" lanes.
- always **look both ways** before crossing the track, and pay attention to runners around you when you are starting and stopping.
- Move to the right if you hear someone yelling "**Track!**". This signals a runner is coming up behind you to pass.
- Try not to run more than two people abreast (shoulder-to-shoulder) so you aren't blocking the way for faster runners.
- When giving feedback or engaging in general conversation be mindful of your surroundings and avoid blocking the flow of other users on the track.
- Leave your iPod at home. Headphones can make the track a dangerous place if you cannot hear anyone coming up behind you, especially during peak times.
- Throwing equipment is only available during session supervised by a qualified coach.
- Hurdles are not to be used in the inside lanes. Please ensure hurdles are only used in lanes 4-10.
- No hurdles to be left on the infield. It is the Athlete's and the Coach's responsibility to remove hurdles from the infield after use.
- No football boots, cleats or any other type of studded footwear allowed on the track. Football boots are to be put on and taken off on the infield only. *(Where possible RBSLEC Staff will place rubber matting across the track for athletes to cross).* Please **only** use approved running, jumping or throwing spikes, or regular running footwear.



- Spike length is not to exceed the following specifications: Running activity (maximum of 7mm); throwing and jumping activity (maximum of 9mm). Pyramid or Christmas tree spikes are permitted.
- 'Needle' or 'Pin' spikes are **strictly prohibited**.
- SSC gym or Group Exercise weights (eg: weights / barbells / kettle bells / steps) are not to be taken out to the main stadium. Coaches may require specific resistance equipment from time to time. This is to be communicated with Track, Field and Event Coordinator or supervising staff member at the time prior to any use.
- No chewing gum in the Athletics Stadium.
- Team sports utilise the infield during certain times. Please be aware of potential Hazards including balls and other sporting equipment. General times are stated in Coaches Agreement. An in-field bookings schedule can be found on the window of the track booth. This is subject to change with in-house groups and late bookings.
- Do not** cross the grass infield while throwing sessions are taking place.
- No jumping over the fence on the main straight.
- Always rake the jumps pits after use.
- Check the Sports Super Centre track booth for all timetable updates and track availability or speak with our Track, Field and Event Coordinator for any further details.
- All sled use can be discussed with the Track, Field and Event Coordinator prior to use.
- Please ensure bags and backpacks are not obstructing any active areas within the Athletics Stadium. An active area consists of any area that is currently in use by a group or may become in use during the duration of your coaching session on the track or field. Please keep bags in the grandstand behind the fence where possible, or in designated lockers in the members locker rooms. Locker rooms are only available to RBSLEC members and not casual users.
- Please restrict phone usage on the athletics track. Ensure you are not in a hazardous area while using your mobile phone. Preferably all phone usage would be behind the black fence on the front straight. While we appreciate the use of mobile phone and App technology that assists coaches with biomechanical feedback to athletes we ask you to ensure you are in a safe area to do so.
- All valuables and belongings are left trackside at your own risk.

Please email reservations@sportssupercentre.com.au if you have any questions

Member Signature _____ **Date** _____