**Track Etiquette & Rules**

The following are the track etiquette and UK Athletics rules which Halifax Harriers abide by:

**On the Track:**

1. Be aware at all times what is happening around you and look out for others using the track.
2. Athletes should run in an anti-clockwise direction unless warming up (see 7 below).
3. Look both ways before moving across lanes.
4. If someone shouts ‘TRACK’ either move to the right or move to the infield and let the faster runner pass.
5. Don’t stop suddenly on the track.
6. Athletes must not cross the infield area at any time.
7. Please use the outer lanes or grassed areas for warming up and preferably warm up in a clockwise direction (and see 8 below).
8. No over 11 runners (including seniors) must use the track or surrounding perimeter when the under 11s are training between 6pm and 7pm on a Tuesday. This means no warming up on the track prior to 7pm.
9. In group training warm up drills should not be undertaken near the 100m finish area to avoid excessive wear of the track surface. Preferably, drills should be undertaken on the bottom straight or the 100m start area.
10. Spectators, Parents or Guardians must not jog or walk around the track or the perimeter whilst any athletes (all age groups) are warming up.
11. Spectators, Parents or Guardians must stay in the tarmac area adjacent to the school and start/finish straight. The only exception to this rule is when a coach has specifically authorised a person or group of people into the track area.
12. No ear or headphones to be used whilst using the track or infield area.
13. Correct footwear and clothing must be worn at all times. Track spikes must be a maximum of 6mm only. Vests or tops must be worn.
14. Please use appropriate language and behaviour at all times and refrain from spitting on the track or infield area.

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