

Aberdeen AAC Track Etiquette – January 2020

This policy is to be used alongside existing ASV guidelines. Athletics takes priority during **ATHLETICS TIME** (4pm-8pm weekdays, 9am-12pm weekends) with AAAC Coaches co-ordinating usage of the outdoor and indoor athletics facilities at this time.

General

- Coaches should confer with each other to confirm areas intended for use
- Bags and clothing should be kept in the lockers, or if required near the track, they should be out of the way of other users
- No headphones to be worn during activities in the athletics facilities
- The high jump and pole vault mats are for landing on, not for resting or playing
- Treat the track and infield like you would a road – look both ways and make sure it is safe to cross
- Drills should be completed off the track
- The term “track” is used to indicate someone is running towards you. When you hear this, react appropriately and move to the side
- No ball activities, with the exception of medicine balls in the designated areas
- Lane 1 of the outdoor track is restricted to reps in excess of 400m

During peak club training times, the following guidelines are to be referred to:

On the Outdoor Track

- All running on the track in an anti-clockwise direction, unless performing wind sprints in agreement with other coaches
- The MIDDLE-DISTANCE groups are to use the inside 4 lanes, 1-4, and the SPRINTING groups are to use the outside 4 lanes, 5-8
- HURDLES are to be used in lanes 7 & 8
- The infield will be out of bounds to long throws between 6.30pm and 7.30pm during ATHLETICS TIME

On the Indoor Track

- Hurdles to be restricted to lanes 4, 5 & 6