



## **TRACK SAFETY RULES**

for East Kent Coaching sessions at Royal Harbour Academy, Ramsgate.

Please read these rules carefully before attending for the first time. Our aim is for everyone to have a safe and enjoyable time with us.

Most running track accidents are avoidable. Following these common-sense principles will significantly reduce the risk of them occurring.

## **THE TRACK**

The track is a standard eight-lane oval of 400 metres circumference.  
Lanes are numbered from 1 (the 'inside' lane) to 8 (the 'outside' lane).  
There are two 110-metre straights, starting on spurs.  
The track has a synthetic 'Tartan' surface, originally laid in 2008.  
Some areas of the track have been renewed since.

## **TRACK USERS**

Only coaches and the athletes who have booked should be on the track during a session.  
Parents or siblings who attend with athletes must remain in the spectating areas.  
If other track users are present, lane use for each group will be agreed before starting.  
There will be a brief safety briefing during which lane use will be communicated to the athletes.

## **SESSIONS**

Runners must only use the lanes as instructed, particularly when other track users are present.  
Casual use of the track is not permitted.  
You may only do the sessions prescribed by the coach.  
Sessions may, at times, be differentiated or adapted to provide a suitable challenge for all.  
Requests to 'just do my own thing' cannot not be accommodated.

## **TRACK ETIQUETTE**

The main session elements will always be run in an anti-clockwise direction.  
You should only overtake runners on their 'outside' (passing on their right-hand side.)  
If you hear a runner catching you up, stay calm and hold your line. They will come around you.  
Never attempt to block another runner's path or make it difficult for them to overtake you.

## **ENTERING / LEAVING THE TRACK**

Great care should be taken when stepping onto the track.  
Look both ways, as you would if crossing a road. Others may already be running at speed.  
Be equally careful when crossing lanes to leave the track.  
If you are recovering while others are still running, step off the track onto the grass.  
Don't congregate on the track when you are not running. You will be a hazard to others.

If you need to leave the track to go to the toilet, or go home early, you must inform the coach.  
Likewise, please make the coach aware if you are rejoining the session.

## **ELECTRONIC DEVICES & GADGETS**

Watches or 'fitness trackers' may be worn, but you may sometimes be asked to remove them.  
Mobile phones must NOT be used or carried onto the track. Leave them with parents or at home.  
Headphones (including 'bone-conducting' ones) may NOT be worn during the session.