

MACCLESFIELD HARRIERS & ATHLETIC CLUB

Club Training Nights: Track and Field Rules

Please Do:

- Observe the lane allocation as follows:
 - Lane **one** is not to be used on training nights. No training or jogging on the inside lane
 - Lanes **two to four** are for middle/long distance training
 - Lanes **five and six** are for hurdles and/or sprint training
 - Lanes **seven and eight** are for the under 11s...or as agreed with the coaches for the session
- Use spikes only for sprints, high jump or hurdles training in wet conditions; spikes – maximum length 5mm – are permitted. For most middle distance interval training spikes are not necessary. (Note – spikes are not allowed for under 11s in training sessions.)
- Please try to stay out of the way of other runners
- Shout “**Track !**”, if you’re using the track and someone is in your way
- Use equipment only under the supervision of a qualified coach
- Listen to your coach – these are valuable training sessions – make best use of them
- Behave responsibly and treat all track users, coaches and spectators with due respect, meeting the club's commitment to equality, diversity and inclusion
- Heed any health and safety instructions
- Enjoy the wonderful opportunity you have been given to train in first class facilities and help to maintain them in first class condition

Please Don't:

- Wear spikes or muddy shoes in the pavilion
- Enter the stores or remove any equipment. Only qualified coaches will have access to the equipment boxes
- Cross the infield when field event training is in progress – walk or jog round the track
- Bring cars onto the track site – please use the car park
- Fool around..!

Last updated: December 2019