

Track running – Always run ANTICLOCKWISE (in less instructed otherwise by your coach).

Stepping onto the track to run – STOP, LOOK, LISTEN! Before you step onto the track to start your run please check it is safe to do so. Look left, look right, check it is clear and there are no on coming runners. If you hear the word TRACK being shouted this means there are runners approaching and you are in the WAY and you need to step off the track immediately for your safety.

Crossing the track – STOP, LOOK, LISTEN! Always look both ways before crossing the track. It may be in use. Look left, look right, check it is clear and there are no on coming runners.

Lane running – If told to run in a lane you must stay in that lane and not cross the white lines either side until the finish.

Finishing your run/rep – Once you have finished your run/rep step off the track to keep it clear for other runners and users. You only need to be on the track when running. You can catch your breath at the side.

Overtaking – Please overtake on the outside of runners and pass with care. It is easy to catch heels of other runners and this can make you or others fall.

Long Jump/Triple Jump – Never start an approach to jump until you are told to do so. This is for your own safety and others. Stay away from the runway when waiting for your turn.

After performing a jump walk forwards off the sand towards the end of the pit and off to the left or right, (your coach may tell you which way to come off the pit).

High Jump - Safety rule; never start an approach to jump until you are instructed to do so. Stay clear of the runway when waiting your turn. After performing a jump leave the crash mat from the sides and walk back from either side to the safe start area.

Throwing - When throwing any object such as a medicine ball, shot, javelin, howler javelin, hammer, discus follow coach's instructions. They may say something like: "READY TO THROW" "THROW" and "COLLECT" – never collect whilst athletes are still throwing.