



CORBY ATHLETIC CLUB – TRACK DISCIPLINE



Track Safety

Look both ways before walking across the track – treat it as if crossing a busy road

If someone behind shouts '**TRACK**', look around and either move off to the outside, or move to the infield and let them pass you

Don't stop suddenly on the track – look both ways and then step off the track if you have to do this



Training Etiquette

Dynamic stretches should be done **outside of Lanes 1 and 2**.

Warm up and cool down should **not be done in lanes 1 and 2**. When the track is busy and being used for training, please use the edge of the football pitch

When finishing an 'effort' do **NOT** carry on walking on the track – use an empty outer lane or walk around the outside

NEVER cross the infield, **ALWAYS** walk around the **OUTSIDE** of the track



General Rules

Do **NOT** wear earphones or headphones whilst on the track or infield – these are only allowed to be worn around the perimeter

Stay alert, and respect all athletes and coaches

No dogs (other than guide dogs)

Lane Allocation

- **Lanes 2 – 4** for **middle distance** and **endurance**
- **Lanes 5 – 12** for **sprints and hurdles**

Coaching Guidelines

Coaches must **work together** if there is a clash of lane 4 usage during sessions