

# Harold Corr Oval Track Etiquette

The following rules outline the behaviour and conduct which must be adhered to by all facility users. These rules apply in conjunction with all instructions provided by any coaches or officials in attendance.

## Reasons for establishing rules

- Health and safety of all track users.
- Fair and efficient use of the track and facilities.
- To minimize wear and tear on the track.
- To create an enjoyable, inclusive atmosphere for training.

## Basic rules

- We ask you to leave your personal belongings off the track. We understand that different training groups will have a base that they operate from but remember that others have a right to use the track and should not feel that certain areas have been claimed by other groups.
- Circular track use is anti-clockwise and generally inside four lanes. Some sprinters run clockwise on the straight where it is easy to supervise multi-directional use.
- Lane One (inside lane) is for those running fast laps. Remember there are athletes who compete at State, National and International level, so fast means very fast!
- Block practice should not be done on the inside of the track or any other place that is showing wear.
- Select a lane to run in that is not being used if possible. If not, you should watch the groups training and decide where and when you can fit in without interference. Ask a regular coach to help you, if necessary.
- If you are running and someone is in your way call **'track'** and the lane you are in. This indicates for those in your way which lane they must move out of.
- Don't use headphones or your mobile phone on the track or infield. This is potentially dangerous and may stop you hearing other track users or safety announcements.
- Stay in your lane until it is safe to leave the track.
- Usually 'peeling off' to the outside of the track may be safer if the inside lane (1) is being used.
- Look over both shoulders to check before changing lanes or coming off the track.
- Always look both ways before crossing the track.
- Warm up / cool down in the far outside lanes or better still on the grass inside the track or outside the track fence.
- General Fitness Training, e.g., one-hour continuous walking may be better on the grass on the outside edge of the track.
- All facility users must adhere to the [Conditions of Use \(pdf 73.1KB\)](#) including prohibited activities, and any Council officer directions to prevent damage and to prolong the life span of the synthetic facility.
- Be aware of throws training (shot put, discus or javelin) if you are on the grass oval area in the middle of the track.
- Replace covers on sandpits when you have finished.
- All track users are expected to act in a courteous and cooperative manner, respecting the rights of others.