

Vale Royal AC – Track Etiquette

To ensure the safety and enjoyment of all members the following rules must be adhered to at all times:

- 1) Don't warm up/ cool down or recover between repetitions on the inside 3 "lanes". Use the outside half of the track.
- 2) Always run anti-clockwise whether you're warming up/ down or training hard.
- 3) If someone is clearly warming up or down or in the recovery part of a session and doing so on the inside lanes call out "Track".
- 4) However do not assume that because they are running more slowly than you they are not training hard. People run at different speeds and everyone is equally entitled to use the inside lanes when they are training hard.
 - a) When overtaking someone training hard but running more slowly than you are you must run outside them i.e. do not expect them to let you pass on the inside.
 - b) If running hard but being overtaken you are entitled to remain on the inside lane. Do not move out to let faster runners come through on the inside as sudden lane changes are likely to cause accidents
- 5) Do not cross the infield if any throwers, jumpers or footballers are using the facilities. You must go round the outside of the track to get from one side to the other.
- 6) Do not cross the track without first checking that no runners are approaching. Ensure there is plenty of time to get across before any runners reach you.