

Tonbridge Athletic Club

Track & Field “Rules” at Tonbridge School

(otherwise known as “Track & Field Etiquette” for Training Sessions and warming-up before Events)

1. Fixtures, Matches and Open Meetings take precedence over training sessions
2. If in any doubt about any aspect of Track or Field etiquette, procedure or, especially, safety, always **ASK** any coach, official or senior athlete
3. All equipment must be “signed out” from the Store or the Shot Putt site-safe, authorised by a Club Coach or Official, and be returned and neatly stored away after use. Members under the age of 18 years may not take out equipment unless under the personal supervision of Club Coach.

Track Usage

4. Only spikes of a maximum 6mm in length may be worn on the Track
5. At Training & Coaching Sessions. always observe lane usage :

Lane	1	Under NO circumstances to be used for training
	2	Not to be used if other lanes are available. Walkers take priority over runners but no sprinting in this lane
	3	Lap running
	4	Lap running
	5	Sprints & Hurdles in both the Home & Back Straights
	6	Sprints & Hurdles in both the Home & Back Straights
6. Warm up on the outside of the Track or, if not in use for sprints and hurdles, in Lanes 6 & 5
7. If you hear a warning call of “TRACK”, immediately move to the outside of the Track as it means that you are in the way of, and possibly in danger from or to, an oncoming athlete.
8. When crossing the Track, always check in both directions but remember that all events and most training sessions are conducted in an anti-clockwise direction
9. Always walk around the outside of the track, and avoid crossing the infield. (This is to avoid unnecessary dirt and mud being brought on to the track and, more importantly, for Health & Safety reasons)
10. NEVER walk in front of the Timekeepers and Track Judges during a League Fixture, Open Meeting or any competition

11. Field Events

12. All Field Event equipment must be signed out from the Store
13. Members under 18 years of age may only use the facilities for Throwing Events under the auspices of a Club Coach or Official
14. When the Long & Triple Jump runways are in use, the Shot Putt circle and throwing area may only be used when permanent adult supervision is in place
15. Javelin, Discus and Hammer Throws must always be thrown from the designated sector in the prescribed direction towards the centre of the field
16. For throwing events :
 - NEVER throw towards other athletes
 - NEVER walk across the middle of the field or in front of the Shot Putt circle
 - Before collecting a throwing implement, ALWAYS check that no other athlete is about to throw
 - Chain hammers only may be used for training – competition hammers may only be used for fixtures, competitions and Open Meetings
17. For vertical jumps (High Jump & Long Jump) :
 - always check with a Club Official that it is in order to use the facility for training
 - only Training Bars may be used except for competition
 - do not use the covers as a shelter
 - the beds are for coaching, training and competition use only, NOT for leisure purposes
18. For horizontal jumps (Long Jump & triple Jump)
 - the covers may only be removed and the facilities used with the authority of a Club Coach, Official or Senior Athlete
 - the sand pits must be raked regularly during training and coaching sessions
 - sand must be brushed off the runways at the end of each session
 - covers must be securely replaced at the end of each session and all rakes, tape measures etc returned to the Equipment store