



## Ayr Seaforth Track Etiquette

1. Always run in an anti- clockwise direction.
2. Treat the track and infield like you would a road. Look both ways and make sure it is safe to cross at all times.
3. If a faster runner comes up behind you and wants to pass, they will shout, TRACK On hearing the shout, TRACK, move to the outer lanes if it is safe to do so. When passing someone, always give plenty of warning time. Say, TRACK wait for them to move over, and continue in your lane.
4. Don't use headphones or your mobile phone on the track or infield. This is potentially dangerous and may stop you from hearing other track users or safety announcements.
5. Please consider other track users - don't make unnecessary noise near the start or the areas where the field events are taking place.
6. While there are any athletes training or competing in throws it is forbidden to cross the in-field unless you are a qualified coach or official.
7. The track is designed for athletics! Please keep footballs etc well away and if your animal is a spectator, please ensure that you keep it under control and remove any mess.
8. Lane 1 should be used for faster athletes running laps and outside lanes 7 & 8 should be used for jogging/cool down.
9. When the track is busy, coaches should always communicate what lanes and how much of the track they plan to use with other coaches to avoid any congestion.