



E.S. Marks Athletics Field – Community Open Training Track Etiquette

Community Open Training is a publicly available track training session open to all community members.

These guidelines have been introduced to ensure all users enjoy equitable, safe and fair access to E.S. Marks Athletics Field during Community Open Training. All participants are expected to follow the rules below and always behave considerately toward others.

Commercial activities on site require approval; no individual or group has exclusive use of any area.

Track Etiquette

- All runners move counterclockwise
- One runner per lane
- No more than two runners wide at any time
- Call “**Track!**” when overtaking and pass on the right-hand side
- Use infield grass (when unbooked) or middle lanes for warm-up/cool-down
- Stretching to be completed off the track
- Jumps and shot put practice is only permitted in designated areas
 - All other throwing practice is not permitted

Safety & Awareness

- Look both ways before crossing the track - runners have the right of way
- Move off the track when resting or after finishing
- No standing, stopping or group discussions on the track
- Be aware of high jumpers and athletes preparing to jump
- Use of speakers is not permitted during Community Open Training
- Personal belongings must remain outside the track and infield
- The following devices are not permitted on the track:
 - **Mobile Phones**
 - **Headphones/earphones**
 - **Filming/photography equipment** (Drones, Cameras, Tablets)