



## Rotary Athletics Field during Club access

UTS Northern Suburbs Athletic Club, Inc. (**Club**) arranges for permission to use Rotary Athletics Field for athletic activities during the course of a year.

To maximise fair and safe usage during the times licensed by the Club, there are some Track Rules.

Runners are also encouraged to respect the Track Etiquette.

### Track Rules:

If **Lanes 1 or 2** are signposted as closed, do not use them, even for jog recoveries.

**Lanes 1 to 4** are for middle and longer distance runners. Always in a counter-clockwise direction.

**Lanes 5 to 8** are for sprinters and intermediate hurdlers. Always in a counter-clockwise direction.

**Lane 9** is for walkers, jog recovery etc. In a clockwise or counter-clockwise direction.

All **warm-up drills and run throughs** should be done on the **in-field track not the circular track**.

**No squad or runner has priority.** All runners, no matter their abilities or age, have equal ranking.

### Track Etiquette:

Leave your headphones off the track. When on the track, it is essential to hear what is going on around you at all times to be very aware of your surroundings.

If another runner wants to pass you, you may hear “Track!” from behind you. This means they are going to pass you, so be prepared to let them go by.

On the track, passing is usually done on your right, just like the highway. Don’t step right to let them on the inside (so you don’t confuse the passing runner or cut someone off).

Avoid standing on the track. Have your watch set and ready to go before stepping on the track for your run. Once on the track, be prepared to take off in just a few seconds.

Always look both ways before getting on or off the track to avoid impeding other runners.

Don’t run in a group with more than two runners next to each other at a time. Large packs on the track can be dangerous and block other runners. If you are running in a group, then the group should break into smaller segments and stagger their start times for intervals to avoid blocking other runners and taking up too many lanes.