

Western Athletics

Risk Management Plan

Athletic Track Training Guidelines

As a result of membership increases, more athletes are using our training facility at Hoppers Lane. The committee wants to ensure that the best possible safe practices are being exercised during our training sessions and that all club members, feel they have a fair access to the track so that they can adequately complete their training. Therefore, all athletes please take note of the following guidelines.

1. We ask you to leave your personal belongings off the lanes, a few metres behind any start line on the straights. We understand that different training groups will have a base that they operate from, but remember that others have a right to use the track and should not feel that certain areas have been claimed by other groups.
2. If you need to get down to your underwear when changing your clothes, please respect the diverse range of members we have and use the change rooms.
3. Stretching should take place off the running lanes.
4. Be aware of other athletes training when warming up and cooling down. Run in reverse direction and use the infield (if no throwing) or around the perimeter of the track if crowded.
5. Coaches should ensure that new athletes to their training sessions understand what is meant by the call of 'track' and remind athletes to look both ways before they cross the track. When an athlete calls 'track', all athletes should remain in the same line as they were and not move to ensure that the athlete calling will be able to move around them freely without wondering which way they will move.
6. Lanes 1 & 2 are to be kept clear for circular training.
7. When using the straights or doing circuit work, return safely with consideration to other athletes. Do not walk back down the track after your run-throughs or reps, as this makes those lanes unavailable for others who also have a right to use them.
8. The warning signs should be out on display when throwing is in progress. The safety net on the throwing cage must be raised at all times when the cage is in use.
9. When the infield area is being used for throwing, athletes and coaches should not walk through this area and should be careful of flying implements.
10. Spitting on the track is unhygienic. Athletes should move to the side of the track if they need to spit. No athlete should have to 'receive' another athlete's germs.
11. Replace covers on sandpits when you have finished.
12. Please return any equipment you use to its correct place in the shed.

Group Track Allocation

Lastly to accommodate the various track training groups, a form of track allocation is necessary. Variations of this allocation can be made subject to agreement between the training groups.

- Lanes 1 & 2 must be kept free for all circular training.
- **Front straight allocation 4.30 pm to 6:00 pm**

During these times the front straight can accommodate 2 groups of 4 lanes each, (3-6) and (7-10). Groups with more than 4 runners must run in two or more waves.

- **Front straight allocation 6:00 pm to 7.00 pm**

During these times the front straight can accommodate 2 groups. One group of 3 lanes (3-5), and a larger group of 5 lanes, (6-10). The preference is for any hurdle group to use lanes 6 to 10.

- **Back straight allocation 4.30 pm to 7.00 pm**

During this time the back straight can accommodate 1 group of 4 lanes (4-7). The back straight is the preference for all fast sprint work, when the front straight is occupied.

In a training environment all athletes must exercise courtesy to other athletes and a commonsense attitude. Enjoy your athletics!

Authorised by the Committee
and agreed upon by our Coaches
Western Athletics