

# EPSOM & EWELL HARRIERS

## Etiquette – notice for athletes & spectators

As a **participant or spectator**, you owe a duty of care to others to avoid injury or damage – these rules are here to help you comply with that standard of care. All members of Epsom & Ewell Harriers & spectators **must adhere to these**.

- ALL athletes U18 and below have to be in a coached session run by an EA registered coach.
- If you are 18yrs or over and not in a session led by a registered EA Coach – for Track: make a Coach aware of your presence and check the lane rules for that session, for Field; check and gain permission from a Registered EA Coach it's safe to train.
- Please note athletes in Coached sessions take priority.

### **General**

- All bags and clothing should be kept out of the way of other users, preferably in the clubhouse or the tarmac area.
- Please remove all tape marks after use
- Please dispose of all litter in the bins provided.
- Athletes wear appropriate clothing and shoes. In inclement weather conditions, if you are not appropriately dressed you may not be allowed to train, this decision is at the discretion of the Coach.
- Inform your coach if you feel unwell or have a niggle / injury.
- **Be polite and respectful to Coaches** – they are volunteers and are giving up their time to help you and should always be thanked after training.
- Ensure you **keep your valuables safe**
- **No recreational balls** to be taken further than the clubroom i.e. not on the track or infield.
- If your behaviour is deemed inappropriate or unacceptable for E & E Harriers, you will be given a warning of this behaviour. If this type of behaviour continues you will be asked to leave, membership & track fees refunds will not be given.

**Spectators** should always remain behind the barrier.

### **Lane Rules**

**Monday Evening:** Priority to years 5 & 6. Lanes open to all. Hurdles use lanes 4, 5 & 6 from the 110m starting line and 200m start line to avoid collisions.

**Tuesday Evening:** Lanes 1 & 2 – middle distance, Lanes 3-6 - sprinters

**Thursday Evening:** All lanes available

**Sprinting** – use the home straight only in the correct direction. Back straight may be used for turn arounds if safe to do so.

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### **Track**

- Always **be aware of others** on the track.
- Look out for lanes being used for hurdles or relay practice.
- **Look both ways** before moving across lanes.
- **NEVER** cross infield, only throwers and their coaches have access to the infield.
- If someone shouts '**TRACK**', move quickly to the right, or move to the infield and let them pass you.
- **Don't** stop suddenly on the track or linger in groups or stretch on track lanes.
- Faster runners should be permitted to pass on the left or to the inside
- Lanes 1 and 2 should not be used for warm-up or cool-down running, leave these lanes free for athletes running efforts and timed runs.
- Athletes should always **run in an anti-clockwise direction**.

### **Jumps Sessions**

- Make sure you know what you are doing before you jump (any doubts, check with your Coach).
- Wait for the Coach to tell you to jump.
- Make sure the runway and landing area are clear.
- The high jump & pole vault beds, & the sand pits are for landing on and not for resting or playing!

### **Throws Sessions**

- Under 18 may not use throwing implements unsupervised
- Make sure you know what you are doing before you throw (any doubts, check with your coach).
- Wait for the Coach to tell you to throw.
- Make sure the area is clear before you throw.
- Always walk, DO NOT RUN, to pick up equipment.
- NEVER venture into a throwing area or retrieve throwing implements without the express consent of your coach.

These simple rules are designed to enable all members to train on the track in safety, with due consideration to other users.

*Epsom & Ewell Harriers and / or Epsom Borough Council cannot be held responsible for any property lost*