



Athletics Essendon Track Rules and Etiquette

The standards described below apply to all users of the facility to ensure fair access, proper safety procedures and to protect the assets. Coaches and athletes are expected to conduct themselves in a fair and equitable manner.

Coach Obligations

1. Coaches should ensure they are registered as a coach with Athletics Victoria/Athletics Australia / ATFCA (Australian Track and Field Coaches Association) and have a current Working with Children Check (WWC). It is the coach's responsibility to keep their registrations current.
2. Coaches must follow the AA and/or the ATFCA Coaches Code of Conduct.

ATFCA Coaches Code of Ethics	https://atfca.com.au/about/code-of-ethics/
AA Coaches Code of Conduct	https://www.athletics.com.au/high-performance/code-of-conduct

3. Coaches and their athletes must have current registration with Athletic Essendon, at all times, to use the track and gym during the club's allocated training times. This means all coaches must be a registered Athletics Essendon member. Non-Athletics Essendon Coaches may seek approval from the committee to coach during the club's training times. Coaches should ensure that their athletes have current Athletics

Essendon or associate membership. All athletes using the facility in booked senior club time must be aged 12 years or older.

4. Coaches are to ensure that they and the athletes under their control follow these Athletics Essendon Rules and Etiquette guidelines at all times.
5. Coaches are bound by these, and other Club policies, and must ensure their athletes observe them.
6. Coaches agree to be responsible for the safe, smooth and unobtrusive conduct of their training sessions. As such, squad size shall be limited to the number of athletes that the coach can personally monitor and control at all times.
7. The Club reserves the right to refuse permission to train to any coach who breaches the club and centre rules or policies.

Athlete Obligations

Athletes using the track, field, gym and any other area of the facility must follow proper Rules and Etiquette as specified in this document.

8. The athlete must be an Athletics Essendon member or an associate member to use the facilities during the club's allocated training times.
9. All track users must always be aware of others on the track at all times and conduct their sessions safely. Further, ensure the track is clear before crossing.
10. Lane 1 and 2 are to be kept clear for the exclusive use of middle- and long-distance runners and race walkers to perform their training routine safely.
11. Exclusive use of other lanes should not be claimed without consultation and agreement with other club registered track users.
12. Coaches and athletes must not set up their training equipment more than 15 minutes prior to their actual training time.

13. Warm-up activities, prior to “run throughs” may only be conducted in the outside lanes (8 and 9) of the front straight or on the apron of the track where appropriate. i.e. no javelin or high jump training is being conducted.
14. Athletes must clear the track between drills or reps, and are not to congregate, linger or walk in any of the lanes during their recoveries.
15. Athletes shall clear the track when resting between drills/training so as not to interfere with other athletes training.
16. Bags or equipment are not to be left on the track proper or any of the ‘run off’ areas when training is occurring.
17. Athletes must run in an anti-clockwise direction at all times during senior club’s allocated training times.
18. Maximum spike length permitted is 7mm (except for high jump and javelin, which is 9mm.). See Council signage near the entry gate re-acceptable spikes for use on track. SPIKES ARE NOT TO BE WORN IN THE CLUB ROOMS.

Specific Use of Key Areas of the Athletics Essendon facility

All coaches and athletes must ensure that when using specific areas within the facility, to follow these rules:

19. ‘Throwing in progress’ signs must be displayed when using javelins, discus’ or hammers. Any other use of the grass infield is not permitted when these signs are displayed. Do not cross the grass infield between reps when these signs are displayed.
20. Hurdle training for senior male athletes may only be conducted on the front straight where the appropriate distance (110 meters) and hurdle markings are displayed. This policy may be varied if agreed by AE registered coaches and athletes.
21. The high jump, pole vault and horizontal jump areas are not to be used for warm -ups or drills when the area is being used for the coaching of these events.

22. No balls, or ball games are permitted within the boundaries of the facility. Medicine balls are permitted when being utilised for training
23. Training on the facility is not permitted during competition unless otherwise agreed.
24. Access to the toilets / change rooms in the club rooms are to be kept clear at all times.
25. Persons not involved in training, coaching, competing or officiating are not permitted on the track and infield.
26. SMOKING is NOT permitted within the boundaries of the facility at any time.
27. ALCOHOL is NOT permitted within the boundaries of the facility during training or competition, except when a special permit is obtained
28. Dogs are NOT permitted within the boundaries of the facility. Service dogs are permitted.
29. All users are to leave the facility clean and deposit all rubbish in bins provided

Use of Equipment Rules

The following rules shall apply when using Club equipment:

30. Sleds or the 1080Sprint only are permitted on the track surface. (NO tyre towing). Bicycles, roller blades, scooters, skate-boards or similar equipment are prohibited on the track surface or infield (Equipment used by disabled athletes is permitted).
31. Training involving the use of weights is not permitted on any area of the track or infield (other than weighted implements used by field athletes). Medicine balls are permitted when being utilised for training
32. All athletic equipment must be put away and hurdles returned to their storage area after use.