**Bedford Harriers Track Etiquette & Rules**

* Be mindful of all track users
* Be aware of all “infield athletes and activities” and avoid shortcuts across the infield when it is in use
* Be courteous to other coaches and work together to allow different sessions to take place at the same time
* Always run anti-clockwise unless you and your group have sole use of the track
* Always run in one lane unless overtaking or stepping off the track
* When over taking do so on the right side of other runners
* If running and someone shouts “track” stay in your lane and let them overtake you
* If walking (recovering) and are in lane 1 and someone shouts “track” then step off the track. In any other lane, look behind you and if clear move to an outer lane or off the track on the outside
* In order to prevent collisions and falls, be aware of who is around you when you overtake
* Run in the correct lane. As a guide if it’s an easy run stick to the two outer most lanes. The inner lanes are reserved for fast running and those doing speed work
* Don’t listen to music whilst on the track

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