



Lincoln Wellington AC



TRACK AND FIELD RULES FOR YOUNG ATHLETES

The Track and Field can be a dangerous place if you do not follow some simple rules:-

1. Never cross the track without looking. **Always use it like a road and look both ways.** Some of the older athletes will be running very fast and it is very difficult for them to stop suddenly. If you collide with each other you can both be injured for a very long time?
2. **Never cross from one side of the track to the other by going across the field.** Someone might be throwing a javelin and you could end up looking like a kebab for the Bar-b-q. **Always walk around the outside of the track.**
3. If there is someone in your lane going slower than yourself shout TRACK and they should move out of the way. This also applies to you if you hear TRACK. If in doubt of which way to go then STAND STILL and the athlete will go around you.
4. When at a throwing event e.g. the shot putt or hammer always stand behind the cage or circle, **never ever go in front of the thrower, Never mess around with any equipment.** Always listen to the coach or official, their word is final.
5. When on cool down you must walk around the outside of the track, you must be aware that other athletes will be training and running around the track, so do not wander into the lanes.
6. At all times you must keep your eyes and ears open.

Look and listen.