

## **TRAC training sessions - Royal Harbour Track safety rules**

1. All members must book onto the track session using the RunTogether app. This is for members joining the coached session and members doing their own sessions.
2. We are limited to 30 adults on the track so please book early and please cancel your session if you can no longer make it. If you show up, haven't booked on, and we are up to maximum numbers then we don't want the awkward situation of telling you that you can't run.
3. There are 8 lanes on the track. Before the session starts, when the numbers are known of adults and juniors attending, the senior coach will liaise with the junior coach, agree the numbers of lanes each group will use and tell all runners. There will also be lanes available for members doing their own sessions. A typical allocation could be:

Lanes 1-3 = Adults

Lanes 4-5 = Runners doing their own sessions

Lanes 6-8 = Juniors

It's really important that runners stay in these lanes. Most of the near misses we have had on the track are with runners wandering into other lanes during the session and not looking to see if anyone is coming.

4. You should be on the track when warming up, doing drills, doing the track session and warming down. Between these parts, please don't gather on the track having a chat as you will be blocking lanes for other runners and they have to run around you which increases the chances of a collision.
5. The floodlighting situation isn't ideal at the bottom of the track (nearest the fence to Jackey Bakers). Please be careful when running around this part - especially when conditions are icy or where the track is wet.
6. If you need to overtake another runner on the track, please overtake on the outside after having a quick glance to see if anyone is in that lane. Don't overtake on the inside. If a runner hears someone coming up behind them in the same lane, just move over to the far left of the lane you are in and there will be plenty of room for everyone.
7. When crossing over to the correct lanes, watch out for other runners already on their session.

8. The main session will always be run in an anti-clockwise direction. Any runners doing their own sessions should also do their main session in an anti-clockwise direction. Warm ups and cool downs may be in a clockwise direction to balance out impact on the legs but this is at the session leader's discretion. In the lighter months, the warm up / cool down may be on the grass section.
9. If you want to wear headphones, please make sure you can clearly hear other runners around you and the session leader. Bone conducting headphones are fine but we would strongly discourage any other type of headphones which block out ambient noise.
10. If you want to cut a session short for some reason (eg a niggle), please let the session leader know so they are aware and can keep an eye on everyone.

As we said at the start, we want everyone to have a good time and enjoy coming to track. We're very lucky to have a facility like this locally and want to encourage members to come along and join in. These simple rules are in place to make sure everyone enjoys themselves, we avoid accidents and everyone goes home with a smile on their face !.