



# Frankston Athletic Club

## Ballam Park Athletics Track Courtesy & Safety Policy

The Frankston Athletic Club trains at the facilities located at Ballam Park Athletic Track. The aim of this policy is to improve the track courtesy and safety when athletics is being performed at the Ballam Park Facility. This policy will also assist with the longevity of the training ground's surface

### Guidelines for Safety Policy

All Frankston Athletic Club members shall endeavour to follow the guidelines:

#### Circular Track

- Any slow walking or slow running (including recovery walking/jogging between sprint repetitions etc) is to be done in either the outer two lanes of the track or off the track altogether. These activities should never be performed in the inside few lanes.
- Lane 1 shall be used for :
  - Time trials
  - Sprint or middle distance (including race walking) training for distances 300m or greater. Should more than one group perform these type of activities, then all parties shall co-ordinate between themselves a way that they can share lane 1 fairly and with minimal interruption to each other
  - Lane 1 should not be used for any other activities
- Lanes 2,3 and 4 are to be used for sprinting
- Warm up run-throughs are to be done in lane 3 outwards
- For some training activities (warm ups, reverse bend etc.) running on the track in the opposite direction (clockwise) for safety reasons is not acceptable.
- All lanes are to be kept clear of equipment & personal items (e.g. sports bags, shoes, towels etc.) at all times.
- Running tracks must always be viewed the same way as roadways; as you don't know when someone might be sprinting around the track. Don't stand on the track unnecessarily or cross the track without looking both directions first. If you are not running / race walking then stay off the track (especially the inside few lanes)
- When completing a run, step off the running track straight away. Another athlete may be running down the track.

## Throwing Field

- Before throwing any implement further than 20m, attempts are to be made to advise other persons (including members of the public) at the venue, that throwing activities are being performed.
- Any person crossing the in-field is to look for throwing activities before crossing
- Should a thrower feel that their implements have a chance of landing on the running track, they are to first co-ordinate a method of safe track sharing with any other track users prior to the commencement of throwing.
- Watch the hammer circle when you are running down the track and the hammer cage is in use.
- Caged areas **must** be used for throwing discus and hammer
- Only the thrower should be in the caged area when throwing
- Check all throwing equipment prior to use to ensure that it is safe
- Do not train within 20 metres of a throwing cage when they are in use

## Jumping

- Always rake the jumping pits before use to remove any foreign objects
- Treat run ups as a sprint track. Don't stand on the track unnecessarily or cross the track without looking both directions first
- Ensure landing mats are pushed together and the protective cover is correctly applied.

## General

- Athletics venues exist for the performing of athletic activity ( which has some safety hazards e.g. weighted implements being thrown, adult size bodies running and jumping with high intensity). Any persons who bring young children to the venue are to ensure that the children are closely supervised and do not play in areas where athletic activity is being performed e.g. the track, throwing and jumps areas, gym.
- Most ball activities have the chance of the ball becoming uncontrolled ( “stray balls”, overthrows, dropped catches etc.) and thus landing, rolling, bouncing etc. into a position not intended. Any ball activities (including medicine ball exercises) are not to be or performed in any location that creates a chance of the ball encroaching the areas/spaces being used for other activities (e.g. on or near the track, jump run-ups etc.). “stray balls” are a serious safety hazard for other athletes using the venue ( e.g. A ball landing under the feet of someone else running or jumping)
- “Slip, Slop, Slap” to keep sun smart
- When training be mindful of the “restricted” hours that are available for Frankston Athletic Club to use the Ballam Park facility. When training outside of these “restricted” hours be aware that the venue may be being used by other clubs or members of the public.
- Report any near misses to a coach or committee member