

Banchory Stonehaven Athletics Club

Competition Track and Field Etiquette (do's and don'ts!)

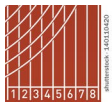
Competing for your Club is fun and the main thing is for you to enjoy yourself. However, there are some things that you should remember for all competitions – here's a guide....



Do turn up to your event on time! Check the timetable to confirm your event time. There may well be announcements but these are not always easy to hear. If you are competing in a field event keep an eye out for when the Officials or other competitors make their way to the specific event area. This should tell you that the event registration is about to start.



Please remember to shake hands with your fellow competitors, and to thank the officials after each event. Officials are all unpaid volunteers and a polite 'thank you' is appreciated – especially when everyone is wet and cold!



For reasons of safety, please think of the track as a road. Look both ways and make sure it is safe to cross. You are only allowed on the infield if you are competing in a field event. Everyone else should stay outside the track at all other times - this is for safety – you would not want to be hit by a javelin, discus or hammer....



Nobody should be wearing headphones or be on their phone – it may prevent you from hearing announcements or other track users.



During competition, don't run across the finishing line unless you are participating in a race as it may interfere with time keepers, track judges and photo-finish/electronic timing equipment. You will hear annoyed shouts if you do this!



Please do consider other competitors and try not to make too much noise when an event is starting or taking place. It is very tempting to want to shout encouragement to a friend competing on the track if you are in a field event – but please don't – it's not allowed! Get your friends who aren't competing to do it!



The steeplechase water jump is not a swimming pool and the jumps pit is not a beach! Similarly, the high jump and pole vault mats are for landing on not for resting or playing!

Please do not leave your litter for others to clear up, and make sure you keep your valuables safe.

Finally, a track is designed for athletics! Please keep footballs etc well away and if your animal is a spectator, please ensure that you keep it under control and remove any mess. (not all venues allow dogs, so please check beforehand.)

COMPETITION - IT'S WHAT YOU TRAIN FOR!! ENJOY IT!

