

# HEALTH & SAFETY

## READING ROADRUNNERS TRACK RULES

### **GENERAL RULES: -**

- DO NOT STEP ONTO THE TRACK WITHOUT LOOKING
- DO NOT STAND ON THE TRACK (USE HARD SHOULDER)
- DO NOT WALK ON THE TRACK (USE HARD SHOULDER)
- DO NOT CHANGE LANES WITHOUT LOOKING BEHIND
- DO NOT WEAR HEADPHONES (iPODS, RADIOS ETC)
- DO NOT SPIT ON THE TRACK (USE HANDKERCHIEF)
- DO NOT CARRY BOTTLES WHILE RUNNING.

### **RULES APPLYING TO LANES 1 & 2: -**

- NO WARMING UP OR DOWN
- NO RECOVERIES BETWEEN REPS
- NO OVERTAKING ON THE INFIELD
- NO OVERTAKING IN LANES 7 & 8
- NO RUNNING ABREAST UNLESS OVERTAKING
- NO RUNNING IN THE MIDDLE OF A LANE (KEEP LEFT)
- NO OVERTAKING ON A RUNNERS LEFT SIDE

### **RULES APPLYING TO LANES 7 & 8: -**

- YOU CAN WARM UP & DOWN
- YOU CAN TAKE RECOVERY JOGS
- YOU CAN STAND OR WALK
- YOU CANNOT RUN IN EARNEST

**TRACK** CALLING TRACK IS ALERTING OTHERS THAT YOU ARE APPROACHING, IT DOES NOT MEAN 'GET OUT OF MY WAY'.  
**ONLY CALL TRACK IF YOU SEE OTHERS BREAKING THE RULES.**