

ATHLETICS HALL

CUSTOMER ETIQUETTE

Users please note the following:



- ✓ PLEASE note the maximum spike length should not exceed **6mm** in all areas of the athletics hall.
- ✓ PLEASE remove spiked footwear prior to leaving the athletics hall.
- ✓ Report any breakages or faulty equipment to a member of staff **Immediately**.
- ✓ PLEASE do not leave your litter for others to clear up, and make sure you keep your valuables in the lockers provided.
- ✓ PLEASE ensure the throwing net is fully enclosed when using throwing equipment. Special care must be taken around the throwing area when training and competitions are taking place.
- ✓ Starting blocks **MUST** be approved by the facility management before use.
- ✓ Return all equipment to the athletics store signing it in / out. Athletics equipment must **NOT** be dragged across the floor.
- ✓ PLEASE use electrical tape with a drawing pin to mark the high jump, pole-vault run ups and remove when finished.
- ✓ Young athletes must be supervised at **ALL** times.
- ✓ ALL specialist activities (high jump, throwing and pole-vault) **MUST** be supervised by a qualified person.
- ✓ PLEASE be polite and courteous to other athletics users at all times.
- ✓ **ONLY** water is allowed in this area – in a suitable sealed water bottle

Users please note the following:



- ✗ **DO NOT** use iPods, mobile phones etc in the athletics hall. This is potentially dangerous and may stop you from hearing other track users and safety announcements.
- ✗ The long jump / triple jump pit is not a beach! Similarly, the high jump and pole vault mats are for landing on and not for resting or playing!
- ✗ Intimidating and abusive behaviour will **NOT** be tolerated.
- ✗ **NO** other drinks are permitted, other than water, in the athletics hall.
- ✗ **NO** food to be consumed within the athletics hall.
- ✗ **DO NOT** train whilst under the influence of alcohol or drugs, or if you are feeling unwell.

HIGH PERFORMANCE STRENGTH & CONDITIONING AREA

ONLY AUTHORISED users are allowed in the High Performance, Strength and Conditioning area.