

## UEA SPORTSPARK SITE SPECIFIC ATHLETICS REQUIREMENTS

UEA SPORTSPARK PROVIDES A QUALITY, SAFE TRACK FACILITY IN ACCORDANCE WITH THE

*'UK ATHLETICS TRACK-APPROVED CODE OF PRACTICE.  
THE SAFE CONDUCT OF TRACK AND FIELD EVENTS'*\*

AND OUR SITE SPECIFIC REQUIREMENTS.

**ALL GROUPS, INDIVIDUALS, SCHOOLS OR EVENT BOOKINGS ARE  
REQUIRED TO ADHERE TO THESE AT ALL TIMES WHEN USING  
UEA SPORTSPARK TRACK.**

\*A COPY OF THE NGB APPROVED CODE OF PRACTICE IS AVAILABLE TO  
DOWNLOAD AT:-

<http://www.uka.org.uk/governance/health-safety/code-of-practice/>

### UEA SPORTSPARK SITE SPECIFIC REQUIREMENTS

#### FOR TRAINING AND EVENT BOOKINGS:-

- The grassed area in the middle of the track is totally **OUT OF BOUNDS** to athletes. *A section of grass at the start of the 200m and on the finish line has been provided as a step off area to avoid collisions*
- **ALL** running must take place in an anti-clockwise direction
- Sprint returns (normally done on the back straight) **MUST** be done in a coned off area
- Cage gates **MUST** be used/opened correctly when throws are taking place in the hammer/discus circles
- Rotational swinging of any competitive implements must be done from the cage only
- Warm up drills (throwing) can be done outside the cage in a clearly coned off area
- A coach or teacher **MUST** be present during the use of equipment i.e. High Jump bed, Long Jump or Pole Vault and recognised techniques used.

### TRACK ETIQUETTE AT SPORTSPARK FOR TRAINING

- Middle and long distance runners- Lane 2 and 3
- Sprints- Lane 4,5 and 6 (5,6,7 and 8 on back straight)
- Hurdles- Lane 7 and 8

**TO PROTECT THE TRACK SURFACE ALL GROUPS USING EITHER THE LAST 50m  
OF THE HOME STRAIGHT OR LANE 1 FOR TRAINING WILL BE ASKED TO MOVE  
BY A MEMBER OF STAFF.**