

8. The track should be treated like a road always look both ways and make sure it is safe to cross at all times. Only ever run one way down the 60m straight.
9. Training areas must remain clear at all times. All personal belongings must be stored within the lockers located within the Hub area of the building.
10. Coaches must ensure that when using the throws cage for Shot, Discus and Hammer Throwing, the nets must remain closed and only the throwing athlete is permitted within the enclosed area of the throw. When using the throwing area for Javelin, prior notice to the management will be required.
11. When athletes are preparing to start their training they should not linger on the track for a prolonged period of time but should start in a timely fashion. This is especially important when several groups are using the same area of the track.
12. Always be aware of nearby runners. When you finish an interval look over your shoulder and move off the track. If you move to your right you are more likely to collide with other athletes.
13. Coaches and athletes are responsible for ensuring that any equipment used is returned to the correct storage location.
14. All Athletes must be supervised by a coach at all times if they are utilising the throws cage, high jump, pole vault, hurdles and gymnastic conditioning areas.
15. Lanes 4, 5 and 6 of the Circular Track should be used mainly by the faster runners in the training session. The inside lanes should be used by slower athletes.
16. Between 5pm and 9pm (Monday to Friday) hurdle training should be restricted to lanes 4,5and 6 on the Training Sprint Track.
17. No athlete has precedence over another when using the track whether they are a runner or a wheelchair user. If a faster athlete wishes to pass a slower athlete then the faster athlete should shout "track" in plenty of time. The slower athlete will be expected to maintain their lane and allow the faster runner to pass.
18. Only 6mm spikes will be permitted within the track environment, with the exception of athletes who will be participating in the High Jump where 7mm spikes will be permissible.
19. During day to day training, access to the Main Arena seating will not be permitted to athletes.
20. Running around the outside perimeter of the track is strictly prohibited.



OPENING HOURS

MONDAY:	09:00 - 22:00
TUESDAY:	09:00 - 22:00
WEDNESDAY:	09:00 - 22:00
THURSDAY:	09:00 - 22:00
FRIDAY:	09:00 - 22:00
SATURDAY:	09:00 - 18:00
SUNDAY:	09:00 - 21:00

*Last admissions one hour before closing time

CONTACT

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Glasgow Life and its service brands (found at www.glasgowlife.org.uk) are operating names of Culture and Sport Glasgow



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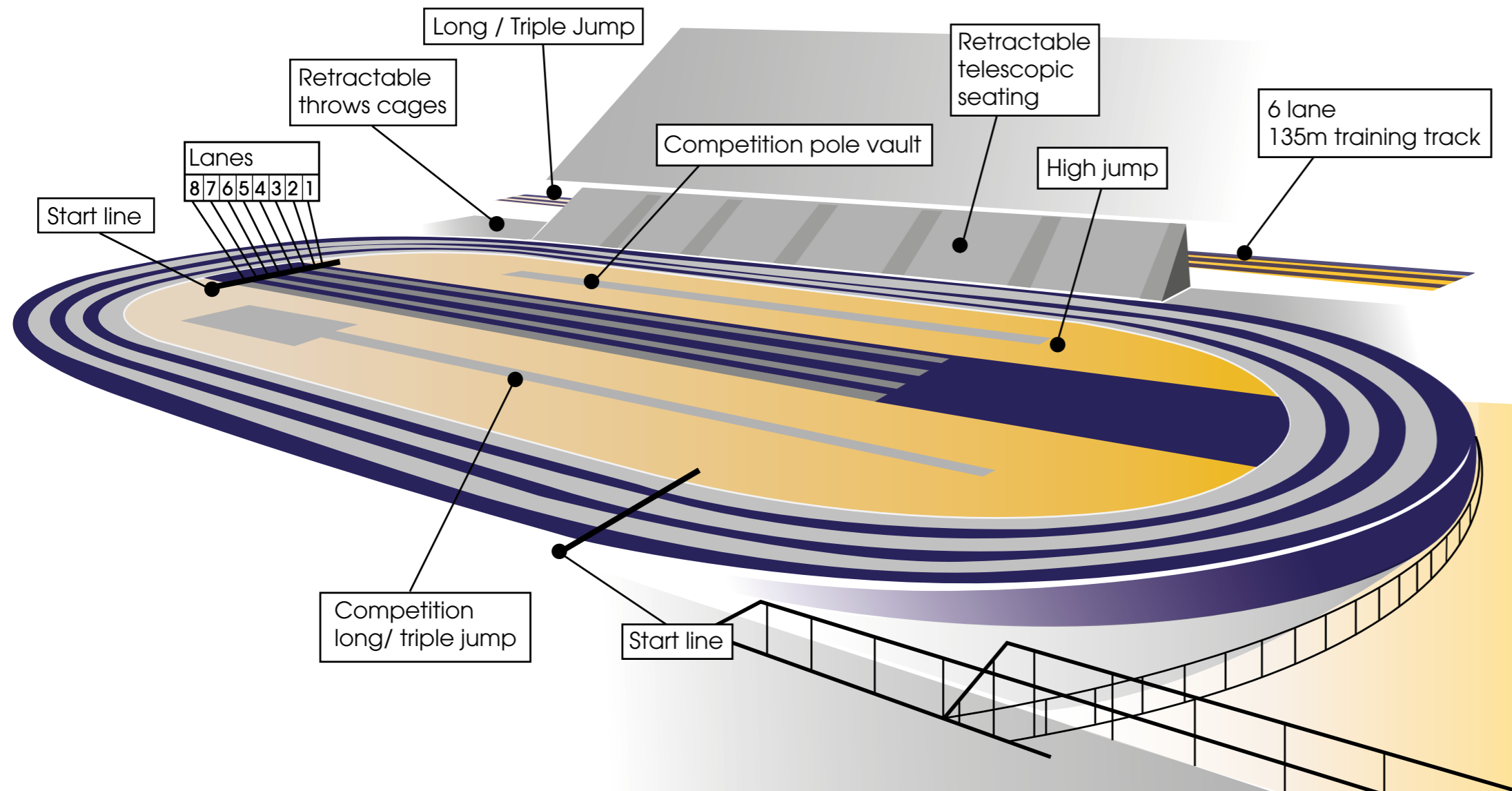
How to use your Arena

CUSTOMER INFORMATION



EMIRATES ARENA

ATHLETICS TRACK



EMIRATES ARENA – ATHLETICS TRACK ETIQUETTE & GUIDANCE

The Emirates Arena 200m Indoor track, Training Sprint Track and training facilities have been designed and developed to enable athletes of all abilities to participate, improve and enjoy athletics. To ensure that all users are able to safely and effectively utilise the track the following track etiquette and guidance has been implemented. It is intended as a guide on the behaviour and conduct which athletes and coaches should adhere to at all times but in particular on busy sessions.

The track is for the benefit of all athletes/ coaches and it is expected that through working closely with Emirates Arena management and staff these guidelines will ensure that the track is maintained and enjoyed by everyone.

1. It is a condition of use that all athletes must wear a wrist band on their wrist or through their laces for spikes/trainers when participating in athletics. Coaches are responsible for ensuring that all their athletes are wearing wristbands at all times. Band checks will be conducted by venue staff.
2. Don't use headphones or mobiles phones on the track or infield or any other area in the Arena. This is potentially dangerous and may stop you from hearing other track users or safety announcements.
3. Be polite and respectful to other athletes, coaches and venue staff.
4. Eating and drinking is not permitted within the Main Arena performance areas (i.e. 200m track, infield, training sprint track and training areas) with the exception of bottled water, which must be retained within a sealed container.
5. Do not spit or clear your nose whilst using the track.
6. Large training groups should split into smaller groups so they do not take up large areas of the track where other users may wish to train.
7. Always run in an anti-clockwise direction, including when running down the home and back straights. Follow the direction arrows on the wall of the training straight.