

Bestmed **Tuks**Athletics Stadium

1. Smoking prohibited on the track.
2. Only members of the TuksAthletics Club may use the track or facilities
3. The facilities are used at own risk.
4. Athletes may not sit, lie or camp on any part of the synthetic area.
5. Starts must be practised behind the 110m starting line.
6. Bags, cases etc. may not be placed on the track.
7. Please do not walk back on the track when you have completed your exercise
8. Warming up, jumps, drills, hurdles drills, etc. may not be done on the track.
9. No tyres or other objects, except sledges that are approved by the Office, may be towed/pushed on the track. This should be done only on the back straight.
10. Please use the lanes as follows:
Lane 1: distances longer than 400m
Lane 2 – 5: 400m and shorter
Lanes 6 – 8: hurdles
11. No chalk or powder may be used on the track.
12. No climbing over fences allowed.
13. Contravention of any of the rules or any other misconduct on the track will lead to the athlete/coach will be prohibited from further use of the track.