

## scottishathletics Indoor WARM UP Area Etiquette

Warm ups and cool downs are a vital part of ensuring best performance from athletes and is an important function to avoid injury and prepare for heats and finals. In order to ensure a safe, clean and effective environment for all athletes and coaches scottishathletics are implementing the following etiquette for warm up areas.

It should be noted by Athletes, Coaches, Parents and Supporters that the warm up area should be kept clear of all unnecessary belongings and people to ensure adequate space and time for athletes.

**DO** – Make yourself aware of the One Way System and follow instructions.

**DO** – Use this area for warming up and cooling down for your event.

**DO** – Take Care when crossing the track – LOOK BOTH WAYS.

**DO** – Run from Left to Right / Towards the Jumping Pit.

**DO** – Use the **BLUE** lanes for warm up / cool down.

**DO** – Use **YELLOW** lanes for walking and returning to your start position.

**DO** – Respect other users - share and share alike.

**DO** – Share Hurdles as equally as possible – share lanes.

**DO** – Stack and Store Hurdles after use.

**DON'T** – Arrive into the warm up area too early for your event.

**DON'T** – Loiter in the warm up area – this is not a social area.

**DON'T** – Leave kit bags unattended – What you take to Call Room is all you need.

**DON'T** – Eat Food/Snacks in the Warm Up area.

**DON'T** – Leave the Warm up area untidy.

**DON'T** – Wear head-phones in the Warm Up area – This is for your own and others safety.