

SAFETY INSTRUCTIONS FOR ATHLETES

In the interests of safety to athletes, coaches, officials, volunteers and spectators the following must be adhered to at all times:

- Entry to the Field of Play (FOP) by athletes is under control of officials.
- Athletes are not to cross the infield of the FOP.
- All Official Warm-ups must be supervised within the competition area by the Official at the event site.
- Spikes are only to be worn on the FOP, in relevant warm-up areas and along marked path from Call Room.
- No glass is permitted within the FOP.
- Throwing implements should only be picked up when directed by officials.
- No overhead backwards Shot Put warm up throws are permitted in the FOP
- Athletes should take care crossing the track at all times and adhere to directions from officials regarding crossing the track especially when going to talk to their coaches.
- **Access to the Field of Play (FOP)**
 - The FOP is defined as the area inside of the pipe and rail fence that runs around the perimeter of the track, The only persons permitted access at all times are athletes competing in an event, at the time, and officials conducting the event.
 - Prior approved persons may enter the FOP under the direction of the designated safety manager and will be required to wear a high visibility vest. These persons must present themselves to the Safety manager prior to entry.
 - Athletes must not cross the inner competition area or the main straight for any reason. To reach your competition area you should go around the outside of the track to a point which allows you to cross the track and the infield to your competition area by the shortest route. PLEASE FOLLOW DIRECTIONS OF OFFICIALS AT ALL TIMES
- **Warm Up Areas**
 - EXCEPT for authorised warm-up hurdles, throws or jumps under the control of Officials prior to events, warm up must **NOT** take place in the Field of Play (competition area). The main warm up area is located on the fenced football field adjacent to the stadium.
 - The throws warm-up area is located at the Eastern end of the ground, past the buildings at the end of the driveway. **Practice throws must be supervised at all times.** Vigilance must be used at all times to ensure safe throwing practices are adhered to. Athletes should not attempt warm-up throws without checking the landing area is clear first.
 - When warming up outside the FOP it is your individual responsibility to ensure your warm- up activities do not endanger yourself, other competitors or members of the general public, however once again follow any directions of officials at this time.

By competing in these Championships you agree to abide by the safety instructions. We thank you for being safe and using your own vigilance to ensure the safety of all involved in the sport.