

Policy and Terms & Conditions for the Use of Track and Facilities

PLEASE NOTE: *Clondrohid community recreational facilities ltd and its management expressly point out that all persons using these facilities do so at their own risk. Users are strongly advised to seek medical advice before undertaking exercise. Users with any known medical condition should consult with their doctor before participating in any form of exercise.*

1. **All Clubs & Groups** looking to use the track must make a booking in advance. Individual users should check ClondrohidAstro facebook and twitter pages for times when the track is not available to them.
2. **The Club/Group/Individual** will ensure that all users will enter the track area by the designated entrance and do not damage any club property or throw litter on the grounds.
3. **The Club/Group/Individual** shall ensure that any Track equipment used shall be returned immediately after use.
4. **Footwear:** Standard runners or running shoes with needle spikes of not more than 5mm must be used (these will be checked on a regular basis). Football boots are NOT permitted.
5. **Lanes.** Where multiple groups are using the track, please train in your allocated lanes; please check online or consult with the caretaker before starting.
6. **Track Safety/Etiquette:** Be aware of what's going on around you. If you hear someone call "TRACK!", move out of the lane, or into a single file on the left, to allow the faster runner to come through; When starting: Look back down the lane, to see if there are runners approaching and decide whether you will impede them by starting immediately - if in doubt, wait until they've finished or passed through.
7. **Coaching/Team Talks etc:** if you want to discuss how the session is going etc, please do so either at the start / finish line of 100m straight or on the path ways. Be considerate - do NOT congregate in the lanes that are in use.
8. **Direction of Running:** Please run in an **ANTI CLOCKWISE** direction. If you warm-up/down on the track, going the opposite way to normal, you must be more aware of other track users and you **MUST** give leeway to anyone going in the normal direction, no matter how slowly.
9. **Children Using Track;** Children must be supervised and other users should be aware that children can be inattentive at times and may wander into lanes.
10. **Headphones, MP3 players etc.** The use of headphones on the track is EXCEEDINGLY DANGEROUS! They **MUST** be removed BEFORE you step onto the track. Anyone using headphones will be asked to remove them or leave the track.
11. **Track Opening Hours:** access to the track is only permitted during daylight hours or when lighting is in operation. Individuals coming onto these facilities outside of these times do so at their own risk and may be asked to leave.
12. **Bad Weather;** Please do not use the track when there is excess surface water on it or when ground conditions are dangerous.
13. **Facility Users;** Be aware of other users of the facility. They may not be aware of, or oblivious to, what is happening on the track. They may wander anywhere at any time - look out for your own safety first!
14. **Use of Track;** Individual users may be restricted from using the track when it's booked by a group(s). Notice of booking schedule will be posted online in advance. There may be a lane policy in place when the track is busy / quiet. There will be a nominal charge when track floodlights are in operation, so please check with caretaker before using the track.
15. **The Management Committee** shall not be liable in any way for the loss of property or injury sustained by any person using the track and other associated facilities.
16. **The Club/Group/Individual** shall ensure that all those using the track shall comply with further or special instructions, directions or restrictions issued by or behalf of the track Management Committee. This may have implications for certain events, which may take place during training times.
17. **The Club/Group/Individual** shall ensure that no Javelin, Discus or Hammers to be thrown without permission and qualified supervision.
18. **Decisions;** Management decisions on admission, allocation, use, operation, or closure of the facility is final

MANAGEMENT ACCEPTS NO RESPONSIBILITY FOR ITEMS LOST/STOLEN ON THE PREMISES AND/OR GROUNDS, OR FOR ANY LOSS, DAMAGE, OR INJURY OCCURRING IN OR IN THE VICINITY OF THE WALKWAY AND TRACK, OR FOR ANY INJURIES TO PERSONS PARTICIPATING IN ANY ACTIVITY IN OR ON ITS FACILITIES.