

scottishathletics Warm Up Area Etiquette (Emirates)

Suitable warm up is a vital part of ensuring the 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** is implementing the following etiquette for warm up areas.

Athletes will only be permitted access to the warm up area at the specified time. When not warming up, athletes should remain within the seated areas.

DO – Make yourself aware of the one-way system and follow instructions.

DO – Use this area for warming up for your event.

DO – Take care when crossing the track – LOOK BOTH WAYS.

DO – Run from the right to left (ie. towards the jumping pit).

DO – Use lanes 2 - 6 for warm up / cool down.

DO – Use the **farthest 4** lanes for warm up.

DO – Use the **nearest 2** 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.

DO – Display a valid coaching licence when in the warm up area.

DON'T – Arrive at the check in desk 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 will take to call room is all you need in warm up.

DON'T – Eat food/snacks in the warm up area.

DON'T – Leave the warm up area untidy.

DON'T – Wear headphones in the warm up area – this is for your own and others' safety.

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.