



## TRACK TRAINING AT GREEN POINT ATHLETICS STADIUM

1. AAC has a lease on 2 weekday slots:  
**Tuesday evenings 17.30 – 19.30**  
**Thursday mornings 06.00 – 08.00**
2. Tuesday evening coached sessions start at 18.00 after a briefing at 17.55 (NB winter months June and July at 17.30 with briefing at 17.25).  
Thursday morning coached sessions start at 06.15 after a briefing at 06.10
3. Late arrivals will be accommodated and slotted in where possible.
4. Only AAC members whose names are on the security list held at the gate will be permitted to enter. To be added to the list or check your status email Sean Robson [info@atlanticathletic.co.za](mailto:info@atlanticathletic.co.za)
5. Do not come to track unless you are on the list of AAC members at the gate.
6. Do not bring guests, friends or training partners from other clubs unless by prior arrangement.
7. Park in P4 (stadium south side entrance in Vlei Rd). Access is through the delivery gate off P4.
8. Arrive in time to warm up and stretch before the briefing.
9. AAC is paying the costs as a free service to members. In the event that insufficient numbers are using this facility AAC reserves the right to call for contributions from actual users.
10. On occasions when events are taking place (schools athletics, film shoots etc.) the track will be closed. We are normally notified in advance and communicate with members on a WhatsApp group. Training will then normally take place in the Urban Park or on the promenade.
11. Facilities include parking in P4, toilets, changing rooms, showers (water restrictions permitting), the track itself and the grass field (pitch). Stadium lighting in the grandstand will be switched on in the winter when it gets dark but not flood lights (which add substantially to the cost).
12. Chris Readman, ASA Level One Coach, ('Coach Chris') will supervise and co-ordinate sessions as a free service to AAC members. More coaches may be engaged in future according to demand.
13. Coach Chris will not be responsible for writing individual programmes or keeping records.

14. For changes in the rules and guidelines please check the AAC website.
15. Athletes with their own programmes can run their own sessions. Alternatively Coach Chris will arrange groups and set sessions according to goals and abilities.
16. Warm up by jogging on the road and forecourts around the stadium OR around the OUTSIDE lanes of the track (clockwise or anti-clockwise).
17. The track is shared at the same time with various other clubs and groups. Be aware of other athletes movements and observe the protocols:
  - **Lane 1 is for athletes at speed! Be aware of them coming up behind and be prepared to move to Lanes 2 & 3 or onto the grass to let them through**
  - **For recovery jogs between intervals – move to outer lanes**
  - **Do not stand, jog or walk in Lane 1**
  - **Do not stand on the active track. Move on to the grass or adjacent hard stand**
18. SAFETY: Be aware of field athletes on the pitch throwing javelins, shot, discus and hammers.
19. In terms of our lease **athletes use the track entirely at their own risk and there is no recourse against Council or AAC for death or injury.**
20. There is a WhatsApp contact list, moderated by Coach Chris and is used essentially for announcements concerning track closures, training advice, coaching, athlete PBs, achievements, notices from stadium management, etc.  
To be included on this list please text or WhatsApp Chris on 082 808 4114.
21. AAC athletes who prefer to train at times outside the AAC slots will be admitted on the following conditions:
  - Athletes are on the list held at security
  - There is no booking at the facility and no event taking place
  - Use of the track outside the allocated slots is a privilege not a right.
  - The track is not open on Sundays.
  - **Athletes have made a prior arrangement** by phoning or emailing the GPAS office\* the previous day in order that security may be notified. Failure to do so may lead to access being denied:

**\*JOYCE NWABISA MBULU 021 444 4258 nwabisa.mbulu@capetown.gov.za**

**Do not communicate with the GPAS office direct on any other matters.**  
**Contact Chris Readman if there are any questions or problems.**
22. Track training is for everyone and AAC hopes to see members of all ages, abilities and aspirations using this attractive world class IAAF compliant facility.

**Runners without personal programmes will be put into squads which as closely as possible have common goals and pace.**

**Use an internet based race pace calculator for your realistic potential based on current fitness and performance as well as to determine your ideal training paces. e.g:**

**<https://www.runnersworld.co.uk/rws-race-time-predictor>**

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