



## TRACK TRAINING AT GREEN POINT ATHLETICS STADIUM (VERSION 13)

1. AAC has a lease on 2 weekday slots:

<b>Tuesday evenings</b>	<b>17.30 – 19.00</b>
<b>Thursday mornings</b>	<b>06.00 – 07.30</b>
2. Coached sessions start

Tuesdays	<b>Briefing 18.00*</b>
Thursdays	<b>Briefing 06.10*</b>

**\*Arrive early and allow time for warm up and stretch!**
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 granted entry. To be added to the list or check your status email [info@atlanticathletic.co.za](mailto:info@atlanticathletic.co.za)
5. **Do not come to track unless you are on the list of AAC members held by gate security.**
6. Do not bring guests, friends or training partners from other clubs unless by prior arrangement with the Coach.
7. Park in **P6** next to the Cricket Club in Vlei Road opposite the security controlled entrance.
8. Spikes are not necessary or encouraged except for competitive sprinters. Ordinary trainers are suitable. Do not wear spikes in the grandstand or change rooms.
9. Do not use music players or wear headphones.
10. Do not use lanes 1 and 2 except when special permission has been obtained. In order to minimise wear and tear these lanes are usually coned off.
11. AAC pays the rental as a free service to members and this includes the additional cost of flood lighting on Tuesday evenings and Thursday mornings in winter.
12. On occasions when the stadium is booked (for events, athletics meetings, film shoots, etc.) or when maintenance is in progress the track will be unavailable in which case we are normally notified in advance and should be offered an alternative slot.
13. **Cancellations and changes are announced on the Trackstars WhatsApp group.**  
If the track is unavailable training may take place in the Green Point Park or in the stadium precinct.
14. Facilities include parking, toilets, changing rooms, showers (water restrictions permitting), the track itself and the grass field (pitch).

15. Chris Readman, ASA Level One Coach, ('Coach Chris') when present will supervise and co-ordinate sessions as a free service to AAC members. Other coaches may be engaged in future according to demand.
16. Coach Chris will not be responsible for writing individual programmes or keeping records.
17. Athletes with their own programmes can run their own sessions. Alternatively, Coach Chris will arrange groups and set sessions according to goals and abilities.
18. Warm up and recover/cool down using the OUTSIDE lanes of the track (lanes 7 & 8 clockwise or anti-clockwise).
19. **The track may be shared at the same time with various other clubs and groups.** Be aware of other athletes' movements, be considerate and observe the protocols:
  - **The inside lane is for athletes at speed! Beware of them coming up behind and be prepared to move to outer lanes or onto the grass to let them through**
  - **If someone shouts 'TRACK' move to the right and let them pass you on the inside of the lane**
  - **For recovery jogs between intervals – move to outer lanes**
  - **DO NOT STOP SUDDENLY, STAND, JOG OR WALK IN THE FAST LANES**
  - **DO NOT STAND ON THE ACTIVE TRACK. Move on to the grass or adjacent hard stand**
  - **Do not spit on the track surface**
20. **SAFETY: Beware of field athletes on the pitch throwing javelins, shot, discus and hammers.**
21. In terms of our lease **athletes use the track entirely at their own risk and there is no recourse against Council, Western Province Athletics or AAC for death or injury. Look after your belongings.**
22. The WhatsApp contact list, '**Trackstars**', moderated by Coach Chris, is used essentially for announcements concerning track closures, training advice, coaching, athlete PBs, achievements, notices from stadium management, news, etc.  
Please keep posts athletics related and refrain from personal messages, birthday greetings, congratulations and the like.
23. AAC athletes who prefer to train at times outside the AAC slots may be allowed access on the following conditions:
  - Athletes are on the approved list held at security
  - There is no other 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 MBULU 021 444 4256 [Nwabisa.mbulu@capetown.gov.za](mailto:Nwabisa.mbulu@capetown.gov.za)

**DO NOT SIMPLY SHOW UP AT THE TRACK OUTSIDE AAC OFFICIAL SLOTS WITHOUT MAKING PRIOR ARRANGEMENTS**

**DO NOT COMMUNICATE WITH THE GPAS OFFICE DIRECT ON ANY OTHER MATTERS.** Refer to Coach Chris if there are any questions or problems.

**24. PROTECTION OF PERSONAL INFORMATION ACT NOTICE (POPI)**

Atlantic Athletic Club may not share members' personal details with other parties without members' knowledge and consent.

**By joining the Trackstars group members consent to their names, ID numbers and contact details being supplied to the City of Cape Town. This is purely for security purposes.**

**25. Track training is for everyone and AAC hopes to see members of all ages, abilities and aspirations using this attractive world class World Athletics compliant facility.**

**Beginners are urged to check out this very informative and useful YouTube video as an introduction to training on the track:**

[Track Intro](#)

**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:**

[Race Pace Predictor](#)

