

RULES FOR THE USE OF THE ATHLETIC TRACK AND ADJACENT SECTORS

ENGLISH

Tělocvičná jednota Sokol Roztoky u Prahy

Rules & Safety Guidelines

- Access to the athletic stadium surface is granted to members of TJ Sokol Roztoky and SK Roztoky (during scheduled training hours) and approved individual lessees. Youth under 18 years old are permitted entry only when accompanied by a coach.
- Residents of Roztoky and Úholičky may use the athletic track free of charge for running training on Tuesdays, Thursdays, Saturdays, and Sundays between 18:00 and 20:00. Exceptions apply during track meets or official football matches.
- For safety reasons, the general public is not permitted to use technical discipline sectors (pole vault, high jump, long jump, throw/put sectors).
- Coaches/teachers are obliged to instruct athletes on stadium safety rules prior to activities.
- Entry onto the track surface and sectors is permitted strictly in clean running sports footwear.
- Movement on the track in football cleats/boots is strictly prohibited, except when retrieving a ball during a match or training session.
- Lane 1 on the oval is reserved exclusively for running competitions. Training sessions and warm-ups must take place in lanes 2 through 5.
- Track spikes are permitted with a maximum spike length of 6 mm.
- Bicycles, scooters, ride-on toys, and inline skates are prohibited on the athletic track (except when skates are used for towing training).
- For safety reasons, the running track must not be used if covered with snow.
- Walking or standing on covered landing mats for high jump and pole vault is strictly prohibited.
- The long jump sand pit must not be used for children's recreational play.
- For any activity other than active athletic execution, movement must take place outside designated sectors (e.g. changing into spikes, fetching equipment).
- Lanes 3 and 4 on the straightaway and oval are reserved for hurdle training.
- All preparatory running drills using ladders, cones, low hurdles, etc., may only be performed on the back straightaway, next to the pole vault runway, or on the grass.
- Upon finishing training, everyone is obliged to clean up both the equipment used and the sector.
- The long jump and triple jump sand pits must be exited strictly towards the shoe cleaning mat.
- Special safety rules apply to throwing discipline training (javelin, discus, shot put). Coaches must monitor athlete movement to prevent injuries.
- During discus training, coaches are obliged to close the protective cage or ensure safety with sufficient distance.
- After throwing training (javelin, discus), athletes must tamp down pitch holes in the turf to prevent long-term grass damage and ankle injuries.
- In case of rain, high jump and pole vault landing mats cannot be used.
- In case of schedule collisions between different training groups in sectors, attending coaches are responsible for activity coordination.