



# Welcome

Home of the CVAC Jaguars

## Track Etiquette

- **Lanes 1 to 3** are for training athletes who are doing timed or measured workouts. Lane one is for the timed runs and Lanes 2 & 3 are for recovery. These training athletes always have the right of way.
- **Lanes 4 to 8** are for all other walkers and runners. If you are part of a large group use 2 or 3 lanes only and be aware of leaving space for others to workout around you.
- **Lanes 7 & 8** are for people with strollers and wheelchairs.
- **CHILDREN** must be supervised at all times to avoid collisions with training athletes.
- **SKATEBOARDS, ROLLER BLADES, and BICYCLES** of any kind are not permitted. This is for everyone's safety and to protect the track surface from damage or excess wear.
- **DOGS** are not permitted on the track or any playing surface.
- The standard direction around the track is counter clockwise. If you choose to run or walk clockwise, please yield to others.
- If you hear someone yell "track", a runner is coming up behind you, and would like you to step quickly to the outside so they can pass.
- Please look before changing lanes or crossing the track to avoid collisions.
- Check the bulletin board for times when the track will be closed to the general public for track & field practices, track meets or other special events.

Call 250-746-5666 | Visit [cowichansportsplex.com](http://cowichansportsplex.com) |

# Thank you



the heart of a healthy community.