

Please Print and sign the age appropriate spike policy

SPIKE POLICY

- All NIFS full paying members and temporary members above the age of 18 may use 1/8in pyramid spikes at their discretion. (This does not include track club members who may be over the age of 18)
- Members under the age of 18 and guests** of the facility are **not permitted** to wear spikes at anytime.
- Track Club Members between the ages of **16-18 may use spike on Saturdays Only.**
- NIFS Members sign a membership agreement that addresses the use of 1/8 inch pyramid spikes in the facility
- Track Club members will sign a spike policy agreement complete with a parent signature prior to use in the facility
- Track Club coaches will sign a spike policy agreement prior to their clubs first practice in the facility

2016/17 Track Etiquette and Spike Policy

Track Club Youth Members (Under 18)

NIFS welcomes local youth, high school, collegiate and post-collegiate track clubs to utilize the indoor track during the indoor track season. As a track club participant/parent or guardian of a track club participant of one of these clubs, we ask that you read over the track etiquette and spike rules before beginning use at the facility. These rules will be enforced by both your coach and NIFS staff at all times. **Failure to follow these procedures may result in loss of access to the NIFS facility.**

Spikes

- **Members under the age of 18 and guests** of the facility are **not permitted** to wear spikes at anytime.

Etiquette

- Runners and walkers have the right-of-way.
- Please use caution when crossing the track.
- Slower runners and walkers should stay on the inside lanes.
- Faster runners should run in the outer lanes and pass slower runners/walkers on the **outside**.
- If you are being passed by other runners, you are a “slower” runner and should yield the outside lane(s).
- Interval Training must be conducted in lane 6.
- Always be aware and use extra caution when lane 6 is being used for sprinting or interval work.
- Sprinting should be done on the inner sprint lanes or utilize the markings in lane #6 that finish on the back straightaway.
- Those conducting interval training should provide at least 2 feet of clearance between themselves and the person(s) being passed on the inside.
- Run or walk in the direction indicated for each day of the week.
- Please do not spit or blow your nose on the floor.
- Use the outer blue area to travel back to a starting area. Stay off the track for recovery walking.

I _____ have read the Track Etiquette and Spike Policy rules listed above and have asked our teams' coach any questions that I am unsure of and now understand the rules in place while I practice at NIFS. I understand that failure to follow these rules may jeopardize my team's privilege to use spikes entirely and that repeated offenses may lead to lose of facility usage by individuals or the entire team.

Signature of Member

Signature of Parent (if member under 18)

2016/17 Track Etiquette and Spike Policy

Track Club Adult Members (18 and over)

NIFS welcomes local youth, high school, collegiate and post-collegiate track clubs to utilize the indoor track during the indoor track season. As a member of one of these clubs, we ask that you read over the track etiquette and spike rules before beginning use at the facility. These rules will be enforced by both your coach and NIFS staff at all times. **Failure to follow these procedures may result in loss of access to the NIFS facility.**

Spikes

- **Members under the age of 18 and guests** of the facility are **not permitted** to wear spikes at anytime.
- Only **1/8th** in pyramid spikes are permitted in the facility.
- Spikes are only to be worn on the mondo-surfaced areas such as the track and sprint lanes. Spikes are prohibited in all other areas such as, in the locker rooms, hallways, stretching mats and other equipment on the fitness floor.

Etiquette

- Runners and walkers have the right-of-way.
- Please use caution when crossing the track.
- Slower runners and walkers should stay on the inside lanes.
- Faster runners should run in the outer lanes and pass slower runners/walkers on the **outside**.
- If you are being passed by other runners, you are a “slower” runner and should yield the outside lane(s).
- Interval Training must be conducted in lane 6.
- Always be aware and use extra caution when lane 6 is being used for sprinting or interval work.
- Sprinting should be done on the inner sprint lanes or utilize the markings in lane #6 that finish on the back straightaway.
- Those conducting interval training should provide at least 2 feet of clearance between themselves and the person(s) being passed on the inside.
- Run or walk in the direction indicated for each day of the week.
- Please do not spit or blow your nose on the floor.
- Use the outer blue area to travel back to a starting area. Stay off the track for recovery walking.

I _____ have read the Track Etiquette and Spike Policy rules listed above and have asked my coach any questions that I am unsure of and now understand the rules in place while I practice at NIFS. I understand that failure to follow these rules may jeopardize my team's privilege to use spikes entirely and that repeated offenses may lead to lose of facility usage by individuals or the entire team.



Signature of Member

1/8th in pyramid spike