

## Niverville CRRC- Track Etiquette & Rules

While using the track, please use proper track etiquette:

- Lane use is SINGLE FILE only
- Only non-marking indoor running shoes are permitted on the track
- Spikes are prohibited and use will result in fines and suspension from facility
- **Children – ages 12- 14**
  - Access to the track is available during all hours of operation and children must be in close proximity to their supervisor while on the track
- **Children – ages 6-11**
  - Access to the track is available between 9:00 AM – 12:00PM, Monday through Friday, and children must be in close proximity of their supervisor while on the track. Track access is not permitted during remaining hours of operation
- **Children – ages 0-5**
  - Access to the track is available between 9:00 AM and 12:00 PM, Monday through Friday, and children must always remain in stroller or carrier
- Strollers are allowed on the track between 9:00 AM and 12:00 PM daily
- Strollers, walking aids, wheelchairs and other personal assistance devices must be free of debris before accessing the track
- Only non-marking indoor running shoes are permitted on the track
- Spikes are prohibited and use will result in fines and suspension from facility
- No food or beverages (except water bottles) are permitted

