TRACK

RULES AND GUIDELINES

Age guidelines:

Everyone can utilize this space, but must follow these age guidelines:

Ages 9 & under: Must be accompanied by an adult who is out of high school or older.
Ages 10 & older: Can be here on their own.

For the safety of all our members and guests, please follow the rules and guidelines below, as they will be enforced by staff.

Usage guidelines:

- **Four times around the track equals one mile.**
- **The regular pattern of the track is counterclockwise.**
- **Joggers and walkers should use outside lanes.**
- **The inside lane is for runners.**
- **Be courteous to runners and walkers around you.**
- **Sneakers and soft-soled shoes only – NO spikes.**
- **NO roller blades, skateboards or Heely shoes.**
- **Strollers are allowed on the track. Please keep the younger children close to you.**

PLEASE NOTE:

The net is not secured to the track, so do NOT climb or hang on the net or railing!

THE HOUSE
COLUMBUS FIELDHOUSE

the YMCA