

September 2022

Toronto Track and Field Centre (TTFC) is returning to pre-pandemic operations. With this we would like to take the opportunity to remind our users of general guidelines when using our facility.

GENERAL OPERATIONS:

- **All** athletes/coaches/volunteers accessing the fieldhouse must show a valid/current membership card and/or pay as you go.
- Spectators will not be permitted in the fieldhouse and will be directed to the viewing gallery.
- Individuals are only permitted in the facility within the hours of operation
- Athletes 6 to 12 years of age are to be directly supervised at all times by a coach.
 - The ratio is 1 coach to every 8 athletes
- Clients must wear appropriate footwear (ie. runners, spikes) when accessing the facility, this includes the weight rooms. All boots should be removed.
- Clients wishing to utilize medicine balls, field equipment, jump ropes, etc. must leave your membership card and/or piece of id with staff at the main desk
- Weight rooms/fitness area:
 - Wipe down fitness equipment before and after each use, with disinfectant spray and paper towel
 - Return equipment to appropriate storage areas when finished using
- Please refrain from playing music out loud within the facility.
- Toronto Parks, Forestry and Recreation promotes a safe, welcoming, positive, inclusive environment where people are valued and respected. All facility users are expected to be considerate, to respect people and their rights and to show proper care and regard for City property and the property of others.

PARKING:

- Patrons using TTFC must park in designated short-term parking areas: (Northwest Gate South and North lots and Founders Road East Visitor Lot)
- Failure to comply may result in your vehicle ticketed.

STRAIGHT (100M):

- The area surrounding the 60M start has been blocked off from use for safety of participants
- When using the straight, please walk back to the start on the blue along the North wall of the field house;
- Please do not run, jog or conduct drills backwards
- No use of weights on the track.

. OVAL:

- The start area of Lane 1 has been blocked off from use for the safety of participants.
- Joggers and walkers are requested to use the outside lane. Daily running direction is posted.

. WARM-UP STRAIGHT:

- Use of this track is for drills, starts and hurdles
- ONLY pre-approved sleds may be used

INFIELD:

- High Jump
 - Mat has been relocated (north south facing) for safety of participants.
- Triple/ Long Jump
 - The triple jump closest to the infield is closed for safety of participants

Toronto Track and Field Staff