



## Process of using the track

**Step 1:** Ensure you are entitled to track access dependent on which Phase is in place. Phase 1 allows:

- All Senior and U20 Athletes
- All prospective Island Games Athletes (including U17)
- All IOM Sport Academy Athletes

**Step 2:** Contact Mikey to confirm you would like access to the track by Sunday 24<sup>th</sup> May.

- Your name will be added to a list which will be provided to the NSC.
- You must confirm you have paid your Club membership for 2020/21
- Your NSC Membership remains frozen\*

**Step 3:** Contact the NSC on Monday to book your slots for the following week

- Slots are 55 minutes
- Warm up in Car Park 1
- 1 slot per day
- NSC Open Mon - Friday (1600 - 2100) Weekend (0900 - 1300)

**Step 4:** Turn up in plenty of time and warm up in Car Park 1 (in front of the regular entrance to the Track).

- You will be permitted entry once the track is clear from the previous bookings. Please keep to your time so as to not affect the following sessions.

**Step 5:** Bookings are reset each week and need to be booked again each Monday for the following week.

\*The NSC cannot take payments and so an agreement has been reached whereby every track user will be charged a pro rata monthly fee, invoiced to IOM Athletics and payment will be passed on to you, the user.