



# TRACK GUIDELINES

**Welcome to the CRC Track. This is a family-friendly space available for all to enjoy. Please adhere to the following guidelines to provide a safe and enjoyable space:**

- Please follow the track directional signage.
- Please stay in your lane and allow others to pass.
- Only walking or running is permitted on the track.
- Children under 12 must be supervised at all times.
- Walkers and wheelchairs are welcome.
- Strollers are not allowed.
- Please use headphones for all personal music/listening.
- Water and sports drinks must be in closed containers, no glass containers.
- Food is prohibited.
- Please secure your personal belongings; PDOP is not responsible for any loss of items.