

MEMORIAL UNIVERSITY RECREATION COMPLEX INC.  
OPERATIONAL POLICY

## **OP. 21 Spike Usage**

---

### **PURPOSE**

This policy defines the terms and conditions under which sneaker spikes may be used in the Field House.

### **SCOPE**

This policy applies to all users of the track facility at The Works.

### **POLICY STATEMENT**

- I. General use of spikes is not permitted under any circumstance.
- II. Spikes may be authorized for use for official track meets to be held at the Field House and only under the following conditions:
  - a. Only 3 millimeter cones/spikes are to be worn.
  - b. Track athletes attending the meet at the Field House will sign The Works contract/waiver before being permitted to race.
  - c. Track athletes will agree to have their shoes/spikes inspected upon arrival to the Field House.
  - d. Spikes will be worn for the race only. Spikes will be removed immediately following the race.
  - e. Spikes will be worn on the track only.
- III. Violation of this policy will result in the denial of spike privileges.

### **AUTHORITY**

The Manager of Fitness is responsible to the Director/General Manager for the communication and administration of this policy.

### **RESPONSIBILITY**

Supervisors and Fitness Leaders are responsible for enforcing this policy at all times, and reporting any violations to the Manager of Fitness.