

## **TRACK SAFETY GUIDELINES**

When a person is involved in any athletic activity, an injury can occur, especially in a contact sport. One should be aware that the information presented in these rules and procedures is to inform the young man or woman of proper techniques or the inherent dangers involved with this particular activity. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching, and proper-fitting equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place. Warm-up only in assigned areas.
2. Be aware of your surroundings, especially when participating in or near field events.
3. Be aware of rules regarding restricted areas.
4. Javelin, shot, discus events must be supervised by the event coach when implements are being used.
5. Be aware of the need to check equipment, apparatus, field, and pits thoroughly before each use; i.e., foreign objects in pits, proper placement of standards, etc.
6. Perform only those skills and techniques as instructed and/or supervised by your coach.
7. Travel to and from off-campus gyms for practice-contests should take place in coach-approved transportation vehicles only.
8. Contact the coach immediately if injured.

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the track program.

We agree that neither the school district, nor the staff of the school district, nor the student organization of the school district shall in any way be held liable for any accident or injury in any way received on account of or while engaged in any athletic activity sponsored by the district. We further agree that neither the district nor any of their staff or student organizations shall be responsible for any payment of any bills rendered for medical services as a result of such accidents or injuries.

This information has been provided by the Interscholastic Activities Safety and Care Handbook.

**Athlete's Signature** \_\_\_\_\_ **Grade** \_\_\_\_\_ **Date** \_\_\_\_\_

**Print Name (Athlete)** \_\_\_\_\_

**Parent/Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_