

**CROSS COUNTRY SAFETY GUIDELINES
AND OFF CAMPUS RUNNING**

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.
2. Travel to and from off-campus for practice/contests should take place in coach-approved transportation vehicles only.
3. In case of an emergency on a run, contact the coach or school. Report all injuries to the coach immediately.
4. If you cannot get assistance, stay on the course described for workout.
5. Run in pairs in unfamiliar territory.
6. Beware of objects being thrown from passing cars and car doors opening.
7. Beware of dogs.
8. Runners should be familiar with basic first aid treatment for heat exhaustion, heat stroke, sprained ankle or other runner-related injuries.
9. When running on roads, always face the oncoming traffic. Be cautious at intersections and be acutely aware of erratic drivers. **ALWAYS BE VISIBLE TO TRAFFIC.** Along roadways where space is allowed stay inside fog line. When running in groups no more than 2 side by side. Pedestrians have the right of way on the sidewalks.
10. Run only on the course as indicated by the coach and check in with Coach after returning from run.
11. Respect home owners and business properties.

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 Cross Country 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 the 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 _____

