

Ulysses S. Grant High School

Student's Name (please print) _____

CAUTIONS, CONSIDERATIONS, AND RESPONSIBILITIES TO INCREASE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC CROSS COUNTRY

The boys and girls cross country teams extend a competitive opportunity to all students. Because of the nature of the sport, it is imperative that certain responsibilities, cautions, and considerations be understood as prerequisites in order to become a member of the team.

PREPARATION FOR PRACTICE OR CONTEST

1. Pre-season conditioning should carefully progress over the summer months with emphasis on long, slow distance.
 - a. Never make more than a 10% weekly increase in mileage.
 - b. Always follow a "hard day" with an "easy day."
 - c. Take one day off each week.
2. Select appropriate clothing.
 - a. Well-fitted, appropriate training shoes are imperative. Do not run in worn out shoes.
 - b. Wear heat retaining clothing in cold weather.
 - c. Wear heat dissipating clothing in hot weather.
3. Consume at least 8 glasses of water per day during hot and humid periods.
4. Students who are ill or dizzy should contact a coach immediately. **DO NOT PRACTICE!!**
5. **ALL STUDENTS MUST HAVE THE APPROPRIATE PHYSICAL EXAMINATION CARD ON FILE BEFORE PRACTICING.**

LOCKER ROOM

1. Secure all personal belongings in your assigned locker. **Leave no valuables in locker.**
2. Keep floors free of litter.
3. Be alert to slippery floors.
4. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
5. Refrain from rapid movements, horseplay and rough house in the locker/shower areas.

MOVEMENT TO THE PRACTICE/CONTEST SITE

1. Be alert to ramps, stairs, and changes in the texture and levels of concrete, fields, and sidewalks as well as changes in levels of head clearance in these areas.
2. Observe safety regulations on buses to and from contests.
3. Put on spiked shoes at the course only (never in the building or bus).
4. Observe all safety regulations and rules of conduct at competition sites (parks, golf courses...)

CAUTIONS SPECIFIC TO CROSS COUNTRY

1. Warm up with easy running and stretching prior to all practices and competitions.
2. Runners engaged in street work must face traffic or use sidewalks. Be alert at all intersections. Avoid heavy traffic streets. Do not wear audio head phones.
3. Warm down with easy running and stretching after all workouts and competitions.
4. Proper care to prevent and treat blisters is extremely important. Make coaches aware of all occurrences.
5. Report all leg pain to the coach immediately.
6. Complete all injury prevention exercises prior to all workouts and competitions.
7. Never do additional workouts (mornings or weekends) without checking with coach first.
8. Eat a healthy diet high in carbohydrates with extra fluids. Fast foods high in fats are to be avoided. Extra protein in the diet is not helpful.
9. Do not try to lose weight by cutting calories. Normal training will bring weight into proper proportions.
10. Water and/or fluid replacement drinks will be available at all practices and competitions.
11. Weight training is part of your conditioning program, observe all weight room safety procedures. Do not condition with weights on your own without discussing your program with a coach.

EMERGENCIES

Because of the physical demands of cross country, some injuries will occur. Most will be minor and can be managed with first aid. All injuries must be called to a coach's or trainer's attention. However, some may need more intense management and may also require squad members to:

1. Stop all practices, activities, or competitions.
2. Call a coach or trainer to manage the situation.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Calling for additional assistance.
 - b. Bringing first aid equipment or supplies to the site.
 - c. Keeping onlookers away.
 - d. Directing the rescue squad to the site.
5. Fire or fire alarm:
 - a. Evacuate or remain outside building.
 - b. Move 100 yds. from the building.
 - c. Be prepared to implement emergency procedures outlined in #4.

INSURANCE

Student accident insurance is not provided

be paid by the parent and/or their insurance policy. I, the undersigned, understand that I must either use my own accident insurance or enroll my child in a school insurance program which has been made available for me to purchase. Otherwise, I realize that my son/daughter will not be covered by accident insurance.

All medical expenses incurred by an athlete must

ACKNOWLEDGEMENT

We certify that we have read and understand the cautions, considerations, and responsibilities required for participation