



Cross Country 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 athlete and his/her parent(s)/guardian(s) of proper techniques and the inherent dangers involved with this particular activity. Not all potential injury possibilities in this sport are listed, but athletes should be aware that proper fundamentals, coaching and proper fitting equipment are important to the safety and the enjoyment of the sport.

An athlete is required to report any and all injuries that occur during practice or contests immediately to his/her coach. If a doctor is seen following an injury, the athlete must provide the coach with written instructions from the attending physician detailing restrictions and when it will be safe to return to practice/contests. Proper warm-up exercises are essential prior to participation in any strenuous activity including practices/contests. The following guidelines should be followed when participating in the sport of cross-country.

1. Run only on course as indicated by the coach.
2. Travel to or from off-campus facilities for practice/contests should take place in school-approved transportation vehicles only, unless Parent/Guardian Driver Approval form (2320F4) is on file.
3. In case of a workout emergency, contact the coach or school. If you cannot get assistance, stay on course described for the workout.
4. Run in pairs in unfamiliar areas.
5. Beware of objects being thrown from passing cars and car doors opening. Never accept a ride from anyone without the coaches knowledge.
6. Beware of dogs. If chased, stand your ground and yell at the dog. Do not look directly into the dog's eyes.
7. Runners should ensure they stay adequately hydrated and are familiar with basic first aid treatment for heat exhaustion, heat stroke, sprained ankle, or other runner related injuries.
8. Always try to run off roads, but if it is necessary to run on roads, always face the oncoming traffic. Be cautious at intersections and be acutely aware of erratic drivers.
9. All athletes shall read printed literature regarding safety procedures and follow the safety instructions as provided by the coach.
10. Meet officials may restrict the wearing of items such as: costumes, hats, baseball caps, kerchiefs, bandanas, sunglasses, or jewelry, etc., which are in excess of the standard school uniform required by rule. Any jewelry dangling must be taped to the body (medic medals) or worn so that not more than two fingers may be placed between the jewelry and the body.

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Athlete: 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.

X

Athlete's Signature

Date

Print Name

Grade

Parent/Guardian/Custodian: I have read the above safety guidelines.

X

Parent/Guardian/Custodian Signature

Date