

CROSS COUNTRY

Safety Guidelines

(Prior to participating, BOTH the student and parent/guardian must read carefully and sign the backside of this form.)

When a person is involved in any athletic activity, an injury can occur, especially with an activity as strenuous as cross country. One should be aware the information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with cross country. There is a chance of broken bones, muscle and soft tissue and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this activity are listed, but athletes should be aware that fundamentals, coaching, and proper safety equipment are important to the safety and enjoyment of the activity. Further preparation guidelines for practices/contests, locker room safety rules, and emergency situations are explained in the Athletic Handbook.

1. Select well-fitted clothing appropriate for:
 - a. Heat retention in cold weather.
 - b. Heat dissipation in warm or humid weather.
 - c. Warm up/cool down before and after competition and practices.
2. Select and change spikes or shoes for various surfaces.
3. Be alert to ramps leading to practice/contest areas.
4. Be alert to variations in the surfaces of ramps, locker rooms, cinder or artificial tracks.
5. Stretch thoroughly and start your workout with easy running.
6. Put on spiked shoes outside
7. Run only on the course as indicated by the coach..
8. Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. Run in single-file. Avoid heavy-traffic streets.
9. Be alert at intersections and be aware of erratic drivers.
10. DO NOT WEAR HEAD PHONES.
11. In case of an emergency on a run, contact the coach or school. If you cannot get assistance, stay on the course described for the workout.
12. Run in pairs in unfamiliar territory.
13. Beware of objects being thrown from passing cars and car doors opening.
14. Beware of dogs.
15. Avoid sudden stops on hard surfaces after sprinting.
16. Weight-training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
17. Dehydration can be dangerous. Bring water/sport drinks to practices and contests. Athletes should drink water frequently.
18. Runners should be familiar with basic first-aid treatments for heat exhaustion, heat stroke, sprained ankle, and other runner-related injuries.

(Signatures are REQUIRED on the backside of this form.)

(Prior to participating, BOTH the student and parent/guardian must read carefully and sign this form and return it to the Athletic Director.)

Athlete's Name (please print): _____

I am aware that cross country is a high-risk activity and that practicing or competing in cross country can be a dangerous activity involving **MANY RISKS OF INJURY**. I understand the dangers and risks of practicing and competing in cross country, include but are not limited to death, serious neck and spinal injuries, which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of my body, general health, and well being. I understand that the dangers and risks of practicing or competing in cross country may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life. I also understand that the activity in which I participate may be so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I am informed the Three Rivers Christian School District does not assume responsibility for the medical services required for these risks.

Because of the dangers of cross country, I recognize the importance of following the coaches' instructions regarding techniques, training, and other team rules, etc., and agree to obey such instructions.

In consideration of the Three Rivers Christian School District permitting me to try out for the TRCS High School Cross Country team and to engage in all activities related to the team, including but not limited to trying out, practicing, or competing in cross country, I have read the above warnings, and I understand their terms. I have also read and understand the preparation guidelines for practices/contests, locker room safety rules, and emergency situations, as explained in the TRCS Athletic Handbook.

Signature of Athlete: _____

Date: _____

Parent/Legal Guardian Name (please print): _____

As the parent/legal guardian of the above-named student and in consideration of the Three Rivers Christian School District, I give permission for my child/ward to try out for the TRCS Cross Country team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in cross country. I have read the above warning, and I understand their terms. I have also read and understand the preparation guidelines for practices/contests, locker room safety rules, and emergency situations, as explained in the TRCS Athletic Handbook.

Signature of Parent/Guardian: _____

Date: _____

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