

### Rules for Safe Running

In any sporting activity there is some risk. In distance running runners need to be aware of the following rules to help minimize this risk.

1. Make sure you know the running route that your coach/team has set for you and follow it.
2. If there are sidewalks available USE THEM. Otherwise stay to the left side of the road as close to the shoulder as you can.
3. Don't ever 'challenge' a car. Some drivers may not like runners and might not move out of the way. YOU will be the loser in a car v. runner match.
4. When crossing an intersection, make sure you look both ways before you cross the street.
5. Always watch for cars. More than likely, they are not watching for you.
6. Stay off people yards.
7. If you need a drink or someone you're running with needs a drink; stop and get a drink. Be well hydrated before you run. It takes an hour for a drink to get into your tissues.
8. If you or a teammate gets 'lightheaded', dizzy or sick during a training run-STOP RUNNING. Find some shade, check your pulse, put your feet up, talk about how you are feeling, get a drink, call someone to come and get you. Never leave a teammate alone. Always have a training partner.
9. Never assume anything; be prepared.

I have read the rules for safe running. I understand that risk is involved in running and training for cross-country running. I understand that practice does occur off school grounds and supervision may be minimal. I will follow the rules when at practice and when I'm on my own. I accept the full responsibility for my participation and waive my right to sue the coaches should an accident occur.

August 24, 2009

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Student Parent Signature

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