

Cross Country Cautionary Statement

The following recommendations have been designed specifically for the Glenrock High School cross country teams. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

PREPARATION FOR PRACTICE OR CONTESTS:

- Select the appropriate clothing to be worn in warm or cold weather. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly.
 - Proper warm-up and warm down is very important before and after competition and practices.
 - Select and change shoes/spikes for various surfaces to help reduce shock and stress.
 - Athletes who are ill, dizzy, or lightheaded should contact their coach.
 - All athletes must have a physical on file in the office before participation in any practice or competition.
 - Participants should ingest the equivalent of 4-6 glasses of water each day.
 - Athletes needing preventive taping or bracing should arrive early to receive treatment. Any injury problem or concerns should be discussed with the coach. Wear all pads, braces, and supportive undergarments to all practices and competitions.
- * No horseplay, rough housing, hazing, or initiations.

IN THE LOCKER ROOM:

- Be alert to slippery floors and use caution at all times.

- Keep floors free of litter. Place all personal belongings in assigned locker.
- Close and **lock** your locker door when you are away from your assigned locker. GHS is not responsible for damaged or stolen items.
- Keep soap and shampoo in the shower areas.
- No horseplay, rough housing, hazing, or initiations.

PRACTICE OR CONTEST SITES:

- Be aware of variations in the surface of ramps, locker rooms, cinder, or artificial surfaces.
- Stretch thoroughly and start your workout with easy running.
- No horseplay, rough housing, hazing, or initiations.

HAZARDS SPECIFIC TO CROSS COUNTRY:

- Athletes should be alert to activity going on around them to prevent collisions and/or the sudden stopping of others.
- Runners engaged in street work, as a method of distance conditioning must face traffic or use sidewalks. Do not wear radio or tape player headphones. Run in single file and be alert at intersections. Avoid heavily traveled streets and always look both ways before crossing.
- Never cut across neighborhood lawns or through private property.
- Avoid sudden stops on hard surfaces while sprinting. A gradual slow down will help prevent unnecessary leg stress.
- Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
- Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently so get in the habit of having a water bottle with you throughout the school day.
- Sometimes practice will be held in the swimming pool, follow these guidelines:

ENTRY INTO AND EXPECTATIONS WHILE IN THE WATER:

- Look before you enter.
- No diving into the shallow end.
- Follow the coach's directions specifically.

- Making contact with the diving board, pool walls, gutters, or bottom could possibly result in serious bodily injury.
- Never hyperventilate.
- No horseplay, rough housing, hazing, or initiations.

EMERGENCIES:

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

- Stop all activities, practice or competition. **DO NOT MOVE THE VICTIM !**
- Call a coach to manage the situation if not already at the site.
- Sit or kneel in close proximity. Assist by:
 - o Helping with the injured person
 - o Calling for additional assistance
 - o Bringing first aid equipment or supplies to the site
 - o Keeping onlookers back
 - o Directing the rescue squad to the accident site
- **Fire or Fire Alarm**
 - o Evacuate or remain outside the building.
 - o Move and remain 150 feet away from the building.
 - o Stay away from the building until given the "all clear" by school personnel.

ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations, and responsibilities for participation on the Glenrock High School Cross Country Team. All other school rules and athletic guidelines, printed in their respective handbooks, will be followed by all participants.

Athlete's Name - Printed

Parent's Name - Printed

Athlete Signature Date

Parent/Guardian Signature Date