



Safety & Liability

Dear Parent and Athlete:

Safety is the number one priority in any sport. Cross Country practice and meets consist a majority of running off campus, on roads, parks and trails. In order to keep students safe, the list below includes proper running behavior that is expected of each student while at practice/runs:

- Running against traffic- Head/Eyes up
- Wear bright, reflective clothing (Most running apparel includes this)
- Run single file
- Look twice before crossing
- Don't wear head phones
- Don't leave an injured runner
- Don't deviate from workout course
- Must have at least 2 runners together (Buddy system)
- Turn around if last runner on long runs
- Drink plenty of water throughout day (Especially on warm days)

Risk factor

1. Acknowledge and fully understand that each participant will be engaging in activities which involve risk of injury. The injury could be serious or catastrophic including permanent disability.
2. Assume all the foregoing risks and accept personal responsibility for damages following such injury, permanent disability or death.

Emergency cards must be on file. A coach will notify parents if an incident has occurred. If a student has any special needs such as an inhaler, please provide a Doctor's permission notice that the student must carry at all times.

Thank you for your understanding.

South Hills Cross Country Staff

X _____
Parent/Guardian Signature

X _____
Student Signature

Date: _____