

**NAHS CROSS COUNTRY / TRACK AND FIELD
POLICIES FOR SAFE ROAD TRAINING**

When training on the roads, these safety rules must be adhered to.

1. No one runs alone. You must always be paired up with someone.
2. Know your route ahead of time. If you are unsure of the route, make sure that you are with a teammate who does know the way.
3. Never leave anyone alone. If your teammate is having trouble or is injured, send another person back to school to get the coach.
4. Always run defensively. Runners must be prepared for careless drivers and speeding cyclists. Always give cars the right-of-way. Watch for cars exiting driveways.
5. Run facing traffic if there is no sidewalk. This is the only way you can be sure to avoid cars. Watch for cars making turns.
6. Keep to the side of the road. Do not run more than two abreast. Keep to sidewalks if they are available but be considerate of pedestrians.
7. Run to the outside of blind curves. Consult with the coach as to where this may occur on runs.
8. Do not wear anything with headphones. Walkmans, portable CD players and iPods keep you from hearing traffic and other people. Safety on the roads depends on you being able to hear.
9. Running in small packs is safer than a large group. Leave gaps between groups.

CONSENT FORM

Training for *Cross Country* and *Track and Field* involves running on streets. Following the above rules will reduce the risk associated with road running. Athletes and guardians are forewarned that, as with any activity, there are risks involved.

I understand the rules for training on the roads and agree to abide by them.

ATHLETE'S SIGNATURE

I have been warned that there are risks associated with running on the roads. I give permission to have _____ (child's name) take part in training on the roads.

GUARDIAN'S SIGNATURE