



CROSS COUNTRY COACHES ASSOCIATION of TEXAS

Cross Country Safety Policies and Procedures

Safety is the number one priority for all runners. Below is a list of safety procedures taught in our cross country curriculum. Athletes are expected to adhere to these policies to create the safest possible training environment.

- Stay on the sidewalk when possible
- Wear your reflective/lighted equipment if possible
- Make eye contact with drivers before venturing into an intersection
- Look both ways twice before crossing a road, or turning back
- Run in a single file line if possible
- Headphones are not permitted while running
- Never approach a stranger in or out of a car
- Don't run in parking lots
- Stay on approved courses unless you have been granted permission to run elsewhere
- If you see lightning, return to school IMMEDIATELY
- Wear light colors of light clothes for best body temperature control and visibility
- Drink water throughout the day/night to stay hydrated
- If you feel dizzy, get chill bumps, etc., stop, seek aid and/or return to school

I have read, understand, and agree to these safety policies and procedures.

Parent Signature

Date

Athlete Signature

Date