

CLARKE COUNTY CROSS COUNTRY ROAD RUNNING SAFETY FORM

PARENT/GUARDIAN: As part of the Clarke County Cross Country training program, athletes will be running off school grounds. Coaches will review safety procedures with all athletes. Please take time and discuss this with your child as well. Failure for runners to act in an unsafe or reckless manner could result in team and/or administrative disciplinary action.

I give permission for my child _____ to run off school grounds as part of the Clarke County Cross Country training program, during the 2015 season. I hereby release Clarke County Public Schools/High School and any coach from any and all liability for injuries which might involve my son/daughter while training off school grounds.

Parent Name (Printed)

Parent Signature & Date

Road Running Safety Precautions

- 1) Always run on the **LEFT** side of the road **FACING** traffic. You will be more visible to drivers.
- 2) Always stop at intersections and check **ALL** four directions before proceeding.
- 3) Obey **ALL** traffic signals and signs, and even on a green light, check in all directions before proceeding.
- 4) Whenever possible, use sidewalks when available. On highways or roads without sidewalks, use the shoulder. If none of these exist, run as close to the edge as possible.
- 5) When traffic is approaching, form a single file line to take up as little road space as possible.
- 6) **ALWAYS BE ALERT!** Failure to pay attention could cause an accident.

ATHLETE: I have read and understand the directions for safe road running provided above. I agree to follow these directions during any training which involve road running in order to protect myself from injury. In addition, I understand any unsafe or reckless behavior while road running could result in team and/or administrative disciplinary action.

Athlete Name (Printed)

Athlete Signature & Date