

## **CROSS COUNTRY**

### **CAUTIONS, CONSIDERATIONS AND RESPONSIBILITIES TO INCREASE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC CROSS COUNTRY**

Bainbridge High School

The Cross Country squad extends a competitive opportunity to all students. Because the season is long and demanding and will require specialized conditioning, it is imperative that certain responsibilities, cautions and considerations be understood as prerequisites to squad membership.

#### **PREPARING FOR PRACTICE OR CONTEST**

1. Select well fitted clothing appropriate for:
  - a. Heat retention in cold weather
  - b. Heat dissipation in warm or humid weather
  - c. Warm-up/warm-down before and after competition and practices
2. Select and change spikes or shoes for various surfaces.
3. Players with visual impairments must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
4. In hot humid weather, players should consume 4-6 glasses of water between 10 a.m. and 3 p.m., with the last consumption 30 minutes prior to competition.
5. Players needing protective taping, padding or bracing should arrive early to receive necessary treatment.
6. Players with seizures, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders, diseases or medically controlled allergies need physician's approval to participate.
7. If ill or dizzy, notify your coach. Do not practice.
8. Report all injuries to the coach immediately.

#### **LOCKER ROOM**

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and elevated thresholds between shower and locker rooms.
3. Keep floors free of litter. Place all personal belongings in assigned locker.
4. Close and lock locker door when away from your assigned locker.
5. Keep soap and shampoo in shower room.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, rough-housing and horseplay in locker/shower areas.
8. Identify incidents of foot or skin infections to coach(es) immediately.

### **MOVEMENT TO CONTEST/PRACTICE SITE**

1. Be alert to ramps leading to practice/contest areas.
2. Be alert to variations in the surfaces of ramps, locker rooms, and all running surfaces.
3. Stretch thoroughly and start your workout with easy running.

### **CAUTIONS SPECIFIC TO CROSS COUNTRY**

1. Run only on the course as indicated by the coach.
2. Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. Run in single file. Avoid heavy traffic streets.
3. Be alert at intersections and be aware of erratic drivers.
4. DO NOT WEAR HEAD PHONES.
5. In case of an emergency on a run, contact the coach or school. If you cannot get assistance, stay on the course described for the workout.
6. Run in pairs in unfamiliar territory.
7. Beware of objects being thrown from passing cars and car doors opening.
8. Beware of dogs.
9. Avoid sudden stops on hard surfaces after sprinting.
10. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
11. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should drink water frequently.
12. Runners should be familiar with basic first aid treatment for heat exhaustion, heat stroke, sprained ankle, and other runner-related injuries.
13. Travel to and from contests in only coach-approved transportation.

### **EMERGENCIES**

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

1. Stop practice.
2. Call the coach to manage the situation if he is not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
  - a. Calling for additional assistance
  - b. Bringing first aid equipment or supplies to the site
  - c. Keeping onlookers away
  - d. Directing the rescue team to the accident site
5. Fire or Fire Alarm:
  - a. Evacuate or remain outside the building
  - b. Move 100 yards from the building
  - c. Be prepared to implement the emergency procedures outlined in #4.

**ACKNOWLEDGMENT**

We certify that we have read and understand the cautions, considerations, and responsibilities required for participation on the \_\_\_\_\_ High School cross country program.

\_\_\_\_\_  
Athlete Signature/Date

\_\_\_\_\_  
Parent/Guardian Signature/Date