

LAKESIDE HIGH SCHOOL  
CROSS COUNTRY  
SAFETY GUIDELINES

When a person is involved in any athletic activity, an injury can occur, especially in a contact sport. One should be aware that the information presented in these rules and procedures is to inform the athlete of proper techniques or the inherent dangers involved with this particular activity. Not all-potential injury possibilities in this sport are listed, but the athletes should be aware that fundamentals, coaching, and proper fitting equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place.
2. Run only on course indicated by the coach.
3. Run in pairs in familiar and unfamiliar territory.
4. Beware of objects being thrown from passing cars and car doors opening.
5. Beware of dogs.
6. Runners should be familiar with basic first aid treatment for heat exhaustion, heat stroke, sprained ankle, or other related injuries.
7. When running on roads, always face the oncoming traffic. Be cautious at intersections and be acutely aware of erratic drivers.
8. Travel to and from off-campus facilities should take place in district approved vehicles only.
9. Contact the coach immediately if injured.
10. Athletes who intend to compete at a Division 1 or Division 2 NCAA school must: (1) be registered with the NCAA Eligibility Clearing House; (2) take the SAT and score 820 or take the ACT and score the sum of 68; (3) graduate and have a cumulative grade point of 2.50 (depending on your SAT score) in 13 core courses. Core courses include four years of English, two years of Math, two years of Social Studies, two years of Science and two additional academic courses (see your counselor or coach for explanation).

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the cross-country program.

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Athlete Signature

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Date

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Parent/Guardian Signature

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Date