

CEDAR CREEK SCHOOL CROSS COUNTRY CAUTIONARY STATEMENT

The following recommendations have been designed specifically for the Cedar Creek Cross Country Teams. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

PREPARATION FOR PRACTICE OR CONTEST

1. Select the appropriate clothing to be worn in warm or cold weather. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly.
2. Proper warm-up and cool down is very important before and after competition and practices.
3. Select and change shoes/spikes for various surfaces to help reduce shock and stress.
4. Athletes who are sick, dizzy, or lightheaded should contact their coach. Do not practice.
5. Athletes with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, **must** present a physician's approval prior to participation in any practice session.
6. Participants should ingest the equivalent of 6-8 glasses of water each day.
7. Athletes needing preventative taping or bracing should arrive early to receive treatment. Any injury problem or concerns should be discussed with the coach. Wear all pads, braces, and supportive undergarments to all practices and competitions.
8. Athletes with visual impairments must wear shatterproof glasses or lenses where judgment or safety is a problem. Glasses must be mounted in break resistant frames and secured with an elastic strap.
9. No horseplay, rough-housing, hazing or initiations.

HAZARDS SPECIFIC TO CROSS COUNTRY

1. Athletes should be alert to activity going on around them to prevent collisions and/or the sudden stopping of others.
2. Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. Do not wear radio or iPod head phones. Run in single file and be alert at intersections. Avoid heavily traveled streets and always look both ways before crossing.
3. Never cut across neighborhood lawns or through private property.
4. Avoid sudden stops on hard surfaces while sprinting. A gradual slow down will help prevent unnecessary leg stress.
5. Be attentive while running on rugged or rocky terrain. Inattention to differences in terrain, holes, ditches, rock, logs, etc., can result in falls, bruises, cuts and scrapes, sprains, and even broken bones.
6. Weight training regimens may also be part of conditioning. Observe all weight room safety rules carefully.

EMERGENCIES

Because of the physical demands of cross country, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed through basic first aid techniques. However, some injuries may need more intense management. Parents will be notified in case of serious injury.

ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations, and responsibilities required for participation on the Cedar Creek Cross Country Team.

_____/_____
Athlete's Signature Date

_____/_____
Parent/Guardian Signature Date