

Cross Country Safety Guidelines

Princeton Day School takes safety while running off campus and on area roads seriously. We have developed this list of guidelines for you to read, comprehend and initial. Please return a signed copy to your coach after you have read and completed the below form.

Please recognize that due to the nature of cross-country, you may be out of visual sight of your coaches during some portions of your workout.

Whenever possible, I will run on sidewalks, trails or grass strips to stay off roads.

If running on a road, I will **run facing traffic**, on the shoulder, and will move off the road at my earliest opportunity. I will be aware of erratic drivers and other dangers.

I will not wear headphones when running.

I will not run alone and will run with at least 1 other teammate. When running with a partner, I will not leave him/her behind unless it becomes necessary to summon help.

I will run only on the course or in the location my coach designates. I will not "trail blaze" or find other routes.

I will stay alert to what is going on around me while running.

I will check with my coach when I leave for a run and check in when I return.

I will wear clothing appropriate to the weather and time of day when running. I will always try to wear clothing that makes me visible to autos and bicyclists.

I have discussed these guidelines with my parent and will adhere to them while running for Princeton Day School.

Student Signature _____ Date _____