

# CROSS COUNTRY

## ***WARNING / AGREEMENT TO OBEY***

**(Both the applicant student and parent/guardian must read carefully and agree.)**

I am aware that cross country is a high-risk sport and that practicing or competing in cross country will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand that the dangers and risks of practicing and competing in cross country include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in cross country may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life. I also understand that the sport in which I participate may be so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I am informed that the District does not assume the responsibility for the medical services required for these risks.

Because of the dangers of cross country, I recognize the importance of following coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

In consideration of the North Thurston Public Schools permitting me to try out for the High School cross country team and to engage in all activities related to the team, including but not limited to trying out, practicing or competing in cross country, I have read the above warnings and I understand their terms. I understand that interscholastic athletics involve high-risk activities that in some cases are so inherently dangerous that no amount of reasonable supervision or training can eliminate all vestiges of danger.

Students should never bring valuables to any athletic event or school activity. It is impossible to guarantee security of items at either inside or outside locations and the school district cannot be responsible for loss of student property.

In consideration of the North Thurston Public Schools permitting my child/ward to try out for the High School cross country team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in cross country, I have read the above warnings and I understand their terms. I understand that interscholastic athletics involve high-risk activities that in some cases are so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I am informed that the District does not assume the responsibility for the medical services required for these risks.

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## SAFETY GUIDELINES

**Both the applicant student and parent/guardian must read carefully and agree.**

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 and the inherent dangers involved with this particular activity. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching, and proper attire are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place.
2. Travel to and from off-campus facilities should take place as per school district procedures.
3. Run only on course as indicated by the coach.
4. In case of emergency on run, contact coach or school.
5. If you cannot get assistance, stay on course described for 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. Runners should be familiar with basic first aid treatment for heat exhaustion, heat stroke, sprained ankle, or other runner-related injuries.
10. When running on roads, always face oncoming traffic. Be cautious at intersections and be acutely aware of erratic drivers.
11. Contact the coach immediately if injured.

**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.**