

WRHS CROSS-COUNTRY SAFETY POLICY

Parents and athletes please do your part to remind each other of the need to follow these guidelines:

1. Always check the traffic for yourself before crossing any streets. Don't trust the people you are running with to check it for you.
2. Never challenge, taunt, or make any kind of gesture to any motorists.
3. Run as far off the road as possible, away from any traffic.
4. Cross streets at the corners and use the traffic signals.
5. Follow all traffic lights and rules.
6. Watch carefully for curbs, rocks, ruts, holes, posts, tree branches or any obstacles that may be hazardous. Be alert and mindful of your running surface and environment.
7. Help your teammates at all times and inform coaches of any unusual occurrence or hazards.
8. Be considerate of people and their property when running through a residential area. Never cross through or into any yards or private property.
9. Watch for loose dogs and avoid them at all times. If you see one in the distance choose an alternate path to avoid an encounter.
10. Be polite and courteous to pedestrians at all times. Yield the right of way to them always. Never become confrontational or drawn into confrontation.
11. Do not throw snowballs or any object of any kind.
12. Wear appropriate clothing for the weather conditions—as we discuss throughout the season.
13. Use only public restrooms and facilities.

Please cut and return the signed portion to the Cross Country Coaches.
WRHS CROSS COUNTRY SAFETY POLICY

Athlete Signature

Parent Signature