**OFF-CAMPUS RUNNING FORM**

Dear Parents and Runners:

Cross Country and track are sports involving the building of endurance as a base for more specific training. As part of this, we will need to do some road mileage to build aerobic conditioning. Since there is not much green space in the Town of Tonawanda, the track and cross country coaches have laid out several courses of different distances to address mileage needs. Our policies for safe running follow. If you have questions or concerns about the training program, please feel free to contact a member of the coaching staff.

1. Safety of the student-athlete is of primary concern. Sidewalks should be used whenever possible. If other pedestrians are using the sidewalk, runners should move aside to provide room. Do not run two abreast in these situations. If you come to an area without a sidewalk (e.g. Ellicott Creek Rd), be sure to run facing traffic.

2. Runners are to follow all traffic rules: stopping for red lights, crossing streets at corners, etc. Runners should cross with traffic signals whenever possible. When crossing at intersections, runners must stay within the marked crosswalk.

3. We have a list of routes which will be posted. Runners should NOT deviate from the routes. Coaches drive the routes periodically to check on runners, provide water, etc. We expect to see all the runners following those routes. One of the members of the staff may run the route to help monitor the workout.

4. Runners are to respect the property of homeowners or businesses along the route. Runners must stay off neighbor’s lawns, refrain from hurdling bushes, etc.

5. All runners should run with at least one partner. They should not run more than two abreast. Runners should yield the right of way to pedestrians.

6. Despite what the driver manuals say, runners should **ALWAYS** yield the right of way to automobiles.

7. Runners are expected to wear appropriate clothing to suit the weather conditions. Reflective clothing is recommended.

8. In the event of an emergency (i.e. inclement weather such as a heavy run or thunder and lightning, injury etc.) stop running and find shelter. If necessary knock on someone’s door introduce yourself (your name and that you’re a K.E. student and run indoor track) and ask permission to use the phone if necessary.

9. **ALWAYS CHECK IN WITH A COACH AFTER YOU HAVE BEEN OUT FOR A RUN!**

Please review these policies with your child. Since many runners are not drivers yet, it is important to impress upon them the fact that drivers may have difficulty seeing runners while they are paying attention to other traffic conditions. We hope these safeguards will create a safe environment for training. After reviewing the policies, please sign the accompanying sheet indicating your awareness of these policies, and return it to the coaching staff. Thank you for your cooperation in this matter.

Sincerely,

Coach Metivier Coach O’Connell Coach Raepple

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