



“Running on the Road” Rules

The following guidelines have been established in order to prevent accidents and to provide you with the safest training conditions possible. It is your responsibility to understand and follow all of the guidelines.

- Reflective vests must be worn at all times!
- *Pay attention at all times!*
- *Run on a sidewalk if available. If there are no sidewalks available, run on the shoulder of the road.*
- *Run the single file on the left-hand side of the road so that oncoming traffic is visible.* ● *Cross the street at intersections only. Look both ways before you cross the street.* ● *Obey all traffic signals. Stop at stop signs and red and yellow lights.*
- *Do not wear headphones*
- *Respect the private property along your route.*

I assume the risks of running on the roads/off campus when participating in practice with the cross-country team.

Failure to follow these rules will result in a loss of “running on the road” privileges.

Athlete (Name): _____ Athlete (Signature): _____

_____ Parent/Guardian (Name): _____

Parent/Guardian(Signature)_____

Date: _____