



# WRHS CROSS-COUNTRY SAFETY RULES



## ALWAYS FOLLOW THESE RULES

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 traffic.
4. Run single file on busy streets.
5. Run with teammates and help keep track of each other.
6. Cross streets at the corners and use the traffic signals.
7. Follow all traffic lights and rules.
8. 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.
9. Help your teammates at all times and inform coaches of any unusual occurrence.
10. Be considerate of people and their property when running through a residential area.
11. Watch for loose dogs and avoid them at all cost. If you see one in the distance, choose an alternate path to avoid an encounter.
12. Never argue with or tease pedestrians in parks, on sidewalks, or children playing. Always give them the right of way. Be courteous and offer them plenty of room.
13. Do not throw snowballs or any object of any kind.
14. Run only on public property. **Never run on or through someone's yard, or private property.**
15. Wear appropriate clothing for the weather conditions—as we discuss throughout the season.
16. Use only public restrooms and facilities. **NEVER USE PRIVATE PROPERTY OF PRIVATE FACILITIES AT ANY TIME!**

I HAVE READ THE ABOVE RULES AND I AGREE TO FOLLOW THEM:

ATHLETE NAME: \_\_\_\_\_

ATHLETE SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_