

## CROSS COUNTRY CAUTIONARY STATEMENT

The following recommendations have been designed specifically for the Dakota Valley High School Cross Country Teams. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of cross country.

### PREPARATION FOR PRACTICE OR CONTESTS:

1. Select the appropriate clothing to be worn in warm or cold weather. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly. Wear ace bracing and supportive undergarments to practices and competitions.
2. Participants should ingest the equivalent of 4-6 glasses of water each day.
3. Proper warm-up and warm down is very important before and after competition and practices.
4. Select and change shoes/spikes for various surfaces to help reduce shock and stress.
5. Athletes who are ill, dizzy or light headed should contact their coach and should not practice.
6. Athletes with seizure, neuromuscular, renal cardiac, insulin/diabetic, or chronic skeletal problems, disorders, or diseases, must present a physician's approval prior to participation in any practice session.
7. Athletes needing preventive taping or bracing should arrive early to receive treatment. Any injury problem or concern should be discussed with a coach or athletic trainer.
8. Athletes with visual impairments must wear shatterproof glasses or lenses where judgment or safety is a problem. Glasses must be mounted in break resistant frames and secured with an elastic strap.
9. No horseplay, rough-housing, hazing or initiations.

### IN THE LOCKER ROOM:

1. Be alert to slippery floors and use caution.
2. Keep floors free of litter. Place all personal belongings in assigned locker.
3. Close and lock locker doors when away from your assigned locker.
4. Keep soap and shampoo in the shower room.
5. No horseplay, rough-housing, hazing or initiations.
6. If spiked shoes are worn, they are to be put on and taken off outside the building.

### MOVEMENT TO THE PRACTICE/CONTEST SITE OR TRAVEL TO CONTEST/PRACTICE SITE:

1. Be aware of variations in the surface of ramps, locker rooms, cinder, or artificial tracks.
2. In approaching the track, be alert to location of:
  - A. Sprint/hurdle straight-aways.
  - B. Relay/exchange areas.
3. When jogging for warm-up/warm down, or during practice, run in the outer lanes.
4. Stretch thoroughly and start your workout with easy running.
5. No horseplay, rough-housing, hazing or initiations.

### HAZARDS SPECIFIC TO CROSS COUNTRY:

1. Distance runners and relay teams engaged in speed work and time trials should run the inside lanes unless passing a runner. Slower work should be done in the outer lanes.
2. When passing other runners during practice, **always** call "track".
3. Athletes should be alert to activity going on around them to prevent collisions and/or sudden stopping of others.
4. Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. Do not wear radio or tape player head phones. Run in single file and be alert at intersections. Avoid heavily traveled streets and always look both ways before crossing.

5. Never cut across neighborhood lawns or through private property.
6. Avoid sudden stops on hard surfaces while sprinting. A gradual slow down will help prevent unnecessary leg stress.
7. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
8. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently.

### **EMERGENCIES:**

Because of the physical demands of cross country, some injuries may occur. All injuries must be called to a coach's or trainer's attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. Stop all activities, practice or competition. **DO NOT move the victim!**
2. Call a coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity. **Assist by:**
  - A. Helping with the injured person.
  - B. Telephoning for additional assistance.
  - C. Obtaining first aid supplies or equipment.
  - D. Directing the rescue squad to the accident site.
  - E. Keeping onlookers back.
4. **Fire or Fire Alarm:**
  - A. Evacuate or remain outside the building.
  - B. Move and remain 150 feet away from the building.
  - C. Be prepared to use the procedures described in #2 above.