

CROSS COUNTRY — AGREEMENT TO PARTICIPATE

Cross-country is a relatively safe sport for student/athletes as long as certain guidelines are followed. Cross-country involves stretching, cardiovascular training, distance running over different terrain, and light muscular development.

As part of school policy, all athletes are required to obtain a physical prior to participation. If you have any physical limitations which the school and coaching staff should be aware of, please obtain a physician's consent for you to participate.

Serious injuries are relatively rare in cross country. However, the possibility of injury does exist. The most common risks inherent in cross country practice or participation are heat stroke or exhaustion, traffic/pedestrian accidents, knee and ankle sprains, and chronic fatigue. The dangers and risks involved in practicing or participating in cross country include, but are not limited to death, serious neck and spinal injuries which may result in partial or complete paralysis, concussions, serious injury to bones, joints, ligaments, muscles, tendons, and other areas of the muscular-skeletal system. In addition to serious injury, the risks and dangers may result in an impairment of future abilities to earn a living or to engage in business, social, and recreational activities. Other less serious risks include sprains, strains, and muscular fatigue.

Proper equipment will help reduce the possibility of injury, but is not an absolute guarantee. Participants in cross country should wear proper running shoes for distance training. The coaching staff or a qualified salesman can help the student/athlete in selecting a running shoe. In cold weather, runners should wear layered clothing. A cap or hooded sweatshirt is recommended to prevent loss of body heat. In warm weather, runners should wear loose fitting well-ventilated clothing to prevent heat stroke or exhaustion. Be aware of vehicles on the running route. Athletes should follow warm-up and cool-down activities as determined by the coaching staff. Proper warm-up and cool-down helps prevent muscular injuries.

If you have any questions concerning any of the risks, dangers, or equipment requirements, please ask the coaching staff. If you wish to ask you questions confidentially, please write your questions on the back side of this form and the coaching staff will discuss them with you individually.

I have read the preceding and certify that I am physically fit to participate in cross country. I further attest that I have sufficient experience to enable me to participate in high school cross country. I FULLY KNOW, UNDERSTAND, AND APPRECIATE THE RISKS INHERENT IN THE SPORT OF CROSS COUNTRY. I voluntarily participate in this activity.

Signature of Participant _____

Signature of Parent or Guardian _____

Date Signed _____