

KEAAU HIGH SCHOOL CAUTIONARY STATEMENT CROSS COUNTRY

The Following recommendations have been designed specifically for the Keauu High School Cross Country teams. Because of the intense demands and conditioning required, student-athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

Preparation for activity:

1. Wear all protective equipment, pads, braces and supportive undergarments to all practices and contests/competitions.
2. Clothing and shoes should be sport specific, fit properly, be comfortable, and allow for maximal physical efforts. Clothing should be kept clean and sanitary.
3. Wear outer and under garments that are appropriate for humidity and temperature.
4. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
5. Athletes should ingest the equivalent of 4-6 glasses of water each day.
6. Athletes with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception. Glasses should be mounted in break resistant frames, and be held in place by an elastic strap.
7. Athletes needing protective tape, padding, or bracing, should arrive early to receive treatment and be able to participate in specialty work.
8. Remove all jewelry and metal hair fasteners.
9. Athletes with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physicians approval prior to participation in any practice session.
10. Athletes who are ill, dizzy, or lightheaded should inform coach and not practice.
11. No horseplay, rough-housing, hazing or initiations.
12. Proper warm-up and warm-down is very important before and after competition.

Locker Room:

1. Be alert to slippery floors and use caution.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
3. Keep floors free of litter. Place all belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower.
6. Use foot powder in designated areas.
7. Refrain from rapid movements, horseplay, and rough-house in the locker/shower areas.
8. Identify incidents of foot or other skin infections to Athletic Trainers immediately.
9. Cleats are not allowed in the locker room/gym areas.
10. No hazing or initiations.

Travel to contest/practice site:

1. Be alert to ramps leading to practice/contest area.
2. Be alert to variations in surfaces of locker room, ramps, stairways, or playing floors.
3. Stretch thoroughly and jog easy laps to warm up.
4. Do not accept rides home from strangers.
5. Be alert for possible hazards when conditioning in the halls.
6. Be aware of and avoid contact with bleachers, curtains, and any other miscellaneous peripheral equipment.
7. No horseplay, rough-housing, hazing or initiations.

Hazards specific to Cross Country:

1. Athletes should be alert to activity going on around them to prevent collisions and/or the sudden stopping of others.
2. Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. Do not wear radio or tape players head phones. Run in single file and be alert at intersections. Avoid heavily traveled streets and always look both ways before crossing.
3. Never cut across neighborhood lawns or through private property.
4. Avoid sudden stops o hard surfaces while sprinting. A gradual slow down will help prevent unnecessary leg stress,.
5. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
6. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently.
7. Sometimes practice will be held in the swimming pool, follow all guidelines.

Emergencies:

Because of the physical demands of cross country, some injuries will occur. All injuries must be called to a coach and trainer's attention. Most will be minor and can be managed through basic first aid techniques. However, some injuries may need more intense management, and may also require squad members to:

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.
4. Assist by:
 - a. Helping with the injured person
 - b. Calling for additional assistance
 - c. Bringing first aid equipment or supplies to the site
 - d. Keeping onlookers back
 - e. Directing the rescue squad to the accident site
5. Fire or Fire Alarm
 - a. Evacuate or remain outside the building
 - b. Move and remain 150 ft away from the building
 - c. Be prepared to implement the emergency procedures outlined in #4

ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation on the Keauu High School Cross Country team.

Print Student-Athlete Name: _____ Date: _____

Student-Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____