

CROSS COUNTRY SAFETY/RISK WARNING

All participants in cross country, and their parents, must be aware of the demands and risks of the sport. Cross country, being a highly aerobic activity, places a great demand on the cardio-respiratory system; making a complete physical examination, by a licensed medical doctor, mandatory.

Because of the varied terrain covered in cross country and the high amount of stress running, in itself, places upon the muscles, joints, tendons, ligaments and bones; injuries do occur. The most common being of the stress related type - strains, sprains, muscle pulls, tendinitis, stress fractures and blisters to name a few; headaches, vomiting, blurred vision, cactus needles, hypoglycemia (low blood sugar), hypothermia (lowered body temperature), snake bite, broken bones, and heat exhaustion and/or heat stroke may also occur. Death is rare, but it is not unheard of and the danger of death increases with the increase in heat and humidity. Precautions by the athlete should be taken to assure his/her safety and well-being in these added stressful situations. Water intake should be increased and consideration should be given to running in the early morning hours or the late evening when temperatures are cooler. During team training sessions, we will make sure water is readily available in hot weather. The athlete should know that if running is done in the twilight hours, to escape the heat, the risk of certain injuries may be increased.

With the wear and tear that is place upon the foot while running, it is imperative that an athlete keeps a close eye on the condition of their shoes. Properly fitting shoes should provide ankle stability, shock absorption and be comfortable the first time you put them on. Injuries can often be avoided if a new pair (or two) of running shoes are purchased every few months.

During race situations, jostling, bumping, pushing and shoving may occur causing stubbed toes, trips, bruises, being spiked (which may or may not require stitches), pulled muscles or any number of other mishaps, unforeseen in a large group activity. You must do what you feel is necessary to protect yourself short of physical harm and/or rules violations to another runner.

I have read the preceding and certify that I know, understand, and appreciate the risks inherent in cross country. I am voluntarily participating in this activity.

Parent/Guardian signature

Student signature

Date: _____

Date _____