



Tesoro Cross Country

INFORMED CONSENT ADDENDUM

The sport of cross country running has inherent dangers that are not typical to other high school sports. While our safety record is perfect to date (disregarding the basic sports injuries related to running in general) by educating our athletes and monitoring our runners as closely as possible, along with the high level of individual responsibility we expect and need from our athletes we are able to the best of our ability avoid the hazards associated with cross country running. The following is a list of possible hazards that may be encountered while running (this list is not inclusive of all hazards but covers the most likely ones that may be encountered):

- 1) Off campus runs require the ability to follow “multiple step” route directions and to stay with a group to avoid taking a wrong turn/route. Should this occur the athlete should return to campus by reversing their route and upon return check in with a coach.
- 2) Off campus runs include the crossing of major streets both with and without traffic lights and crosswalks. Athletes are at all times to follow the safety guidelines set out in the attached handout as well as lighted instruction on the crosswalk.
- 3) Most running routes use trails where wildlife such as snakes, spiders, mountain lions, deer and other animals/insects are indigenous to. Athletes are expected to know how to react accordingly should they encounter such an instance. No earbuds while running so you can be more aware of your surroundings.
- 4) Most running routes take us several miles away from campus and should injury occur we will make every effort to bring the injured athlete back to campus as quickly as possible.
- 5) Many trails we use are such that twisted ankles, or falls from bad footing may occur if not traversed carefully.
- 6) Workouts generally take place in the middle of the day and it is the athlete’s responsibility to be and remain hydrated to avoid heat stress.

I have read and understand the inherent hazards related to cross country running including but not limited to the above mentioned situations.

(Student Name)_____ (Signature)_____

(Parent Signature)_____

(Date) _____



2017

