

INHERENT RISK OF INJURY

CROSS COUNTRY

Cross Country is a reasonably safe sport as long as certain guidelines are followed. However, there is the inherent risk of injury, as in any athletic activity. Cross Country is a sport that involves running, jogging, sprinting, and stretching. A current physical must be on file in the athletic director or nurse's office before you may participate in practices and meets. Keep your coach informed of all injuries and chronic conditions.

Although the likelihood is minimized if you train correctly, there is always the possibility of injury when you place extra demands on muscles, bones, joints, tendons and ligaments. Injuries that can occur in Cross Country include, but are not limited to, the following: blisters, muscle strains, ligament and cartilage damage, joint sprains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, concussions, spinal cord injuries involving paralysis, and even death. However, if you take certain precautions, the likelihood of such injuries can be greatly reduced. Be sure to consistently follow the guidelines listed below:

- 1. Never train or participate in a meet unless a coach is present. All athletes must be under adult supervision at all times.**
- 2. Always warm-up appropriately before and cool-down after each practice and meet by jogging and stretching.**
- 3. Always wear shoes and clothing that are appropriate for running activities and weather conditions.**
- 4. Report all injuries to the coach as soon as they occur.**
- 5. Follow all athletic trainer and doctor recommendations.**
- 6. If you have asthma, be sure to keep your inhaler with you, or near you at all times. This also applies to those athletes with diabetes or severe allergic reactions; if you have diabetes, keep your insulin & blood sugar kit with you at practices & games. If you have severe allergies, carry your own Epi-Pen**
- 7. Lift weights and do the necessary exercises as determined by the coach, athletic trainer or personal trainer to increase strength and flexibility, and to guard against injuries.**
- 8. Never wear jewelry of any kind when practicing or competing.**
- 9. Some injuries and pain are not serious enough that it should stop you from participating. However, it is important to listen to your body. Discomfort is normal; if you experience intense pain, you should STOP!**
- 10. Maintain a healthy, balanced diet and get plenty of rest. It is extremely important that you drink enough fluids and are properly hydrated. BRING A FULL WATER BOTTLE TO PRACTICES AND MEETS!**
- 11. Ask for help or advice when you have a question and before changing your stride or technique.**

12. All athletes must remain seated while travelling in team buses or vans.
13. Foolishness and rough “horseplay” will not be tolerated.
14. Common sense is more important than supreme intelligence; use it.
15. Do not go into the wooded area at Maryvale or any other school / site without the permission and knowledge of the coach. Always run with a teammate.
16. **BE AWARE OF YOUR SURROUNDINGS! PAY ATTENTION TO THE ACTIVITIES IN PROGRESS!**

I have read the preceding warning. I know, fully understand, and appreciate the risks inherent in participating in Cross Country. I acknowledge that I am physically fit and that I am voluntarily participating in this activity.

Student’s Signature: _____

Date: _____

Parent’s Signature: _____

Date: _____