



Track and Field Safety Guidelines Cascade Middle School

Prior to participating, the student athlete and a parent/guardian must read this information. Signatures are required on the back of this form.

When a person is involved in any athletic activity, an injury can occur, especially with an activity as strenuous as track & field. One should be aware the information presented in these safety guidelines is to inform the athlete of proper techniques and inherent dangers involved with track & field. There is a chance of broken bones, muscle and soft tissue and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this activity are listed, but athletes should be aware that fundamentals, coaching, and proper safety equipment are important to the safety and enjoyment of the activity. Further preparation guidelines for practices/contests, locker room safety rules, and emergency situations are explained in the athletic handbook.

1. Select well-fitted clothing appropriate for:
 - a. Heat retention in cold weather.
 - b. Heat dissipation in warm or humid weather.
 - c. Warm up/cool down before and after competition and practices.
2. Select and change spikes or shoes for various surfaces.
3. Be alert to ramps leading to practice/contest areas.
4. Be alert to variations in the surfaces of ramps, locker rooms, cinder or artificial tracks.
5. In approaching the track, be alert to locations of:
 - a. Starting blocks and hurdles.
 - b. Relay exchange areas.
 - c. Jump/Vault runways and landing pits.
 - d. Shot/Discus/Javelin landing areas.
 - e. Debris in or on landing pits.
6. Stretch thoroughly and start your workout with easy running.
7. Be alert to debris in or on landing pits.
8. Put on spiked shoes at the track.
9. High jumpers must go through an instructional progression before using the "Fosbury Flop" in practice or contests (assumes coach is competent to teach this technique).
10. High jumpers and pole-vaulters must check the proximity of the standards to the landing pit.
11. Shot/Discus/Javelin throwers must check the throwing sector and the immediate areas alongside the circle or runway for people in the area. They must also refrain from horseplay with the shot, discus, and javelin.
12. Hurdlers must be sure hurdles are facing a direction that allows the hurdle to tip if struck by the hurdler.
13. Distance runners and relay teams engaged in speed work and time trials should run the inside lanes unless passing a runner. Slower work should be done in the outer lanes.
14. Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. DO NOT wear radio or tape player head phones. Run in single-file. Be alert at intersections. Avoid heavy-traffic streets.
15. Avoid sudden stops on hard surfaces after sprinting.
16. Weight-training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
17. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should drink water frequently.

Athlete's Name (please print): _____

I am aware that track & field is a high-risk activity and that practicing or competing in track & field can be a dangerous activity involving **MANY RISKS OF INJURY**. I understand the dangers and risks of practicing and competing in track & field, include but are not limited to death, serious neck and spinal injuries, which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of my body, general health, and well-being. I understand that the dangers and risks of practicing or competing in track & field may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life. I also understand that the activity in which I participate may be so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I am informed the Longview School District does not assume responsibility for the medical services required for these risks.

Because of the dangers of track and field, I recognize the importance of following the coaches' instructions regarding techniques, training, and other team rules, etc., and agree to obey such instructions.

In consideration of the Longview School District permitting me to try out for school's track and field and to engage in all activities related to the team, including but not limited to trying out, practicing, or competing in track and field, I have read the above warnings, and I understand their terms. I have also read and understand the preparation guidelines for practices/contests, locker room safety rules, and emergency situations, as explained in the athletic handbook.

Signature of Athlete: _____ **Date:** _____

Parent/Legal Guardian Name (please print): _____

As the parent/legal guardian of the above-named student and in consideration of the Longview School District, I give permission for my child/ward to try out for the school's track and field and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in track and field. I have read the above warning, and I understand their terms. I have also read and understand the preparation guidelines for practices/contests, locker room safety rules, and emergency situations, as explained in the athletic handbook.

Signature of Parent/Guardian: _____ **Date:** _____