

GRESHAM HIGH SCHOOL TRACK AND FIELD CAUTIONARY STATEMENT

The following recommendations have been designed specifically for the Gresham High School Track and Field Teams. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of track and field.

Preparation for practice or contests:

1. Select the appropriate clothing to be worn in warm or cold weather. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly. Wear ace bracing and supportive undergarments to practices and competitions.
2. Participants should ingest the equivalent of 4-6 glasses of water each day.
3. Proper warm-up and warm down is very important before and after competition and practices.
4. Select and change shoes/spikes for various surfaces to help reduce shock and stress.
5. Athletes who are ill, dizzy, or light headed should contact their coach and should not practice.
6. Athletes with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
7. Athletes needing preventive taping or bracing should arrive early to receive treatment. Any injury problem or concern should be discussed with a coach or athletic trainer.
8. Athletes with visual impairments must wear shatterproof glasses or lenses where judgment or safety is a problem. Glasses must be mounted in break resistant frames and secured with an elastic strap.
9. No horseplay, rough-housing, hazing or initiations.

In the locker room:

1. Be alert to slippery floors and use caution.
2. Keep floors free of litter. Place all personal belongings in assigned locker.
3. Close and lock locker doors when away from your assigned locker.
4. Keep soap and shampoo in the shower room.
5. No horseplay, rough-housing, hazing or initiations.
6. If spiked shoes are worn, they are to be put on and taken off outside the building.

Movement to the practice/contest site or travel to contest/practice site:

1. Be aware of variations in the surface of ramps, locker rooms, cinder, or artificial tracks.
2. In approaching the track, be alert to location of:
 - a. Sprint/hurdle straight-aways
 - b. Relay/exchange areas
 - c. Jump/Vault runways and landing pits
 - d. Shot and discus throwing and landing areas
3. When jogging for warmup/warmdown, or during practice, run in the outer lanes.
4. Stretch thoroughly and start your workout with easy running.
5. No horseplay, rough-housing, hazing or initiations.

Hazards specific to track and field:

1. Jumpers, throwers, and hurdlers must check equipment to see that it is safe and in proper condition before using. Athletes must notify the event coach in case of any equipment failure.
2. Shot/discus thrower(s) 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 and discus.

