

Student's Name (please print) _____

CAUTIONS, CONSIDERATIONS, AND RESPONSIBILITIES TO INCREASE SAFETY AND ENJOYMENT OF INTERSCHOLASTIC TRACK AND FIELD WORTHINGTON SCHOOLS

The boys and girls track squads extend a competitive opportunity to all students. Because of the nature of the sport, it is imperative that certain responsibilities, cautions, and considerations be understood as prerequisites to squad membership.

PREPARATION FOR PRACTICE OR CONTEST

1. Pre-season conditioning should carefully progress over the winter months with emphasis on long, slow, distance or easy running.
 - a. Never make more than a 10% weekly increase in mileage.
 - b. Always follow a "hard day" with an "easy day."
 - c. Take one day off each week.
2. Select appropriate clothing.
 - a. Well-fitted, appropriate training shoes are imperative. Do not run in worn out shoes.
 - b. Wear heat retaining clothing in cold weather.
 - c. Wear heat dissipating clothing in hot weather.
3. Students who are ill or dizzy should contact a coach immediately. **DO NOT PRACTICE!!!**
4. Consume at least 8 glasses of water per day during hot and humid periods.
5. **ALL STUDENTS MUST HAVE THE APPROPRIATE PHYSICAL EXAMINATION CARD ON FILE BEFORE PRACTICING.**

LOCKER ROOM

1. Secure all personal belongings in your assigned locker. Leave no valuables in locker.
2. Be alert to slippery floors.
3. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
4. Keep floors free of litter. Remember to close locker doors.
5. Refrain from rapid movements, horseplay and rough house in the locker/shower areas.
6. Identify incidents of foot or other skin infections to coach(es) or trainer immediately.
7. Put on spiked shoes at the track only (never in the building).

MOVEMENT TO THE PRACTICE/CONTEST SITE

1. Be alert to ramps, stairs, and changes in the texture and levels of concrete, fields, and sidewalks as well as changes in levels of head clearance in these areas.
2. Observe safety regulations on vans/buses to and from contests.
3. Observe all safety regulations and rules of conduct at competition sites.

CAUTIONS SPECIFIC TO TRACK

1. Warm up and warm down with easy running and stretching before and after all practices and competitions.
2. Complete all injury prevention exercises prior to all workouts and competitions.

3. Proper care to prevent and treat blisters is extremely important. Make coaches aware of all occurrences.
4. Report all leg pain to coaches immediately.
5. Never do additional workouts (mornings or weekends) without checking with a coach first.
6. Do not try to lose weight by cutting calories. Normal training will bring weight into proper proportions.
7. Eat a healthy diet high in carbohydrates with extra fluids. Fast foods high in fats are to be avoided. Extra protein in the diet is not helpful.
8. Water and/or fluid replacement drinks will be available at all practices and competitions.
9. If weight training is part of your conditioning program, observe all weight room safety procedures. Do not condition with weights on your own without discussing your program with a coach.
10. Runners engaged in street work must face oncoming traffic or use sidewalks. Be alert at all intersections. Avoid heavy traffic streets. Do not wear radio or tape-player head phones.
11. Runners must stay alert in all areas of the track, but must be especially alert in all field event areas.

CAUTIONS SPECIFIC TO FIELD EVENTS

1. Warm up in proper areas which are free from other athletes.
2. Inspect all surfaces, pits, standards, and boards before competing. Report any defects or irregularities to your coach(es).
3. Always remain alert in all field event areas. Do not throw, retrieve implements, or jump until the landing area is clear.
4. Follow proper throwing, jumping, and landing techniques.
5. Be aware that wet surfaces (circles, boards, and runways) pose a hazard. Request that proper procedures be followed to insure a safe and dry surface.
6. Absolutely no unsupervised practice.

EMERGENCIES

Because of the nature of track, some injuries will occur. Most will be minor and can be managed with first aid. All injuries must be called to a coach's or trainer's attention. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills.
2. Call a coach or trainer to manage the situation.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Calling for additional assistance.
 - b. Bringing first aid equipment or supplies to the site.
 - c. Keeping onlookers away.
 - d. Directing the rescue squad to the site.
5. Fire or fire alarm:
 - a. Evacuate or remain outside building.
 - b. Move 100 yds. from the building.
 - c. Be prepared to implement emergency procedures outlined in #4.

INSURANCE

Student accident insurance is not provided by the Worthington Schools. All medical expenses incurred by an athlete must be paid by the parent and/or their insurance policy. I, the undersigned, understand that I must either use my own accident insurance or enroll my child in a school insurance program which has been made available for me to purchase. Otherwise, I realize that my son/daughter will not be covered by accident insurance.

ACKNOWLEDGEMENT

We certify that we have read and understand the cautions, considerations, and responsibilities required for participation in a Worthington Schools Track and Field Program.

PARENT SIGNATURE

DATE

STUDENT SIGNATURE

DATE