

Every sport/activity has certain inherent risks, and, regardless of the precautions taken, it is impossible to assure the safety of all participants at all times. Cross country requires a high level of fitness and stamina. It is a reasonably safe activity as long as certain guidelines are followed.

Some hazards are: colliding with another runner, slipping, tripping over rocks or tree roots, and/or falling onto the ground. A variety of injuries may occur, including muscle strain, sprains, fractures, contusions, abrasions, and dehydration. Serious and disabling injuries and even death may result from participation in cross country. It is not possible to list each specific risk.

To help reduce the chance of injury to yourself and other participants, the following safety rules need to be followed during practice and games. Participants will (1) obey the rules of the sport, and (2) report any personal safety or health concerns to the coach or athletic director.

I agree to follow the preceding safety rules as well as any others given by my coach. Further, I agree to immediately report any unsafe practices, conditions, or equipment to my coach. I also agree to report any injury to the coaching staff on the day that it occurs.

I certify that (1) I am physically fit to participate in cross country, (2) I understand that I am free to discontinue activity at any time I feel undue discomfort or stress, and (3) on the following lines is a complete list of any health-related conditions that might affect my ability to participate in cross country:

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I have read the preceding warning of risks, my coach has explained the hazards to me, and I have had the opportunity to ask questions concerning the safety risks involved in cross country. Any questions I have asked have been answered to my complete satisfaction. I fully know, understand, and appreciate the risks inherent in cross country, and I am voluntarily participating in this activity.

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Participant Signature

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Participant Name (*please print*)

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Parent/Guardian Signature

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Date