

Everett School District No. 2
TRACK SAFETY GUIDELINES
High/Middle School

This school strives to protect each student from possible injury while engaging in school activities. The guidelines and/or practices identified below have been established for this activity in order to protect the student and others from injury and/or illness. Participants and their parents should recognize that conditioning, nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training program. Each participant is expected to follow the directions/standards of the coach.

Travel to and from off-campus facilities shall be in accordance with the directions of the activity coach.

Guidelines are as follows:

1. **Make certain that you wear all equipment that is issued by the coach. Advise the coach of any poorly fitted or defective equipment.**
2. **Advise the coach if you are ill or have any prolonged symptoms of illness.**
3. **Advise the coach if you have been injured.**
4. **Engage in warm-up activities prior to strenuous participation.**
5. **Be alert for any physical hazards in the locker room or in or around the participation area. Advise coach of any hazard.**
6. **Recognize the safety rules for restricted areas, e.g., discus, shot put, pole vault. These areas must be supervised.**
7. **Stay on the designated running courses.**
8. **Check equipment, apparatus, field and pits thoroughly before each use, e.g., debris in jumping pits, placement of standards.**

The above information has been explained to me and I understand the list of rules and procedures. I also understand the necessity of using the proper techniques while participating in the track program.

Athlete's Signature

Date:

Parent or Guardian's Signature

Date:

High/Middle School
Revised 7/26/02

Please Print Name: _____ Student ID _____

Office use only:

Emergency/Physical:

Yes

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No

☐

Academics:

Yes

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No

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Eligibility/Parent Permission/Athl Code:

Yes

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No

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ASB Card:

Yes

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No

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