

Track and Field Cautionary Statement

Preparation for practice or contest:

1. Wear all protective equipment, pads, braces and supportive undergarments to every practice or contest unless otherwise indicated by the daily practice plan. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Clothing and shoes should fit properly, be comfortable, and allow for maximal physical efforts. Clothing should be kept clean and sanitary. Select and change shoes/spikes for various surfaces to help reduce shock and stress.
4. Athletes who are ill, dizzy, or lightheaded should contact their coach. Do not practice.
5. Both outer and under garments should be appropriate for humidity and temperature.
6. Players should ingest the equivalent of 4-6 glasses of water each day.
7. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
8. Players needing protective tape, padding, or bracing, should arrive early to receive necessary treatment.
9. Remove all jewelry and metal hair fasteners.
10. Players 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.
11. No horseplay, roughhousing, hazing or initiations.

In the locker room:

1. Be alert to slippery floors.
2. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
3. Keep floors free of litter. Place all belongings in assigned lockers.
4. Close and lock locker doors when away from your assigned locker.
5. Keep soap and shampoo in the shower room.
6. Use foot powder in designated areas.
7. No horseplay, roughhousing, hazing or initiations.
8. Identify incidents of foot or other skin infections to coach(es) immediately.
9. If spiked shoes are worn, they are to be put on and taken off outside the building.

Travel to contest / practice site:

1. Be alert to:
 - a. ramps leading to practice / contest area.
 - b. variations in surfaces of locker room, ramps, cinder, or artificial surfaces.
 - c. sprint/hurdle straight-aways.
 - d. relay/exchange areas.
 - e. jump/vault runways and landing pits.
 - f. shot and discus throwing and landing areas.
2. Stretch thoroughly and start your workout with easy running.
3. When jogging for warm up/warm down, or during practice, run in the outer lanes.
4. Do not accept rides home from strangers.
5. Be alert for possible hazards..
6. No horseplay, roughhousing, 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.
3. Hurdlers must be sure hurdles are facing a direction that allows the hurdle to tip if struck by the hurdler.
4. 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.
5. When passing other runners during practice, always call it "track".
6. Athletes should be alert to activity going on around them to prevent collisions and/or the sudden stopping of others.
7. Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. Do not wear headphones. Run in single file and be alert at intersections. Avoid heavily traveled streets and always look both ways before crossing.
8. Never cut across neighborhood lawns or through private property.
9. Avoid sudden stops on hard surfaces while sprinting. A gradual slow down will help prevent unnecessary leg stress.
10. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
11. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently.

Emergencies

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

1. Stop all practices, scrimmages, or drills, DO NOT move the victim.
2. Call the coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. helping with the injured person.
 - b. calling for additional assistance.
 - c. bringing first aid equipment.
 - d. keeping onlookers away.
 - e. directing the rescue squad to the accident site.
5. Fire or Fire Alarm:
 - a. Evacuate and remain outside the building.
 - b. Move and remain 150 feet away from the building.
 - c. Be prepared to implement the emergency procedures outlined in #4.

Printed Athlete Name

Date

Athlete Signature

Printed Parent/Guardian Name

Date

Parent/Guardian Signature