

HADDAM KILLINGWORTH HIGH SCHOOL

CROSS COUNTRY/TRACK & FIELD ROAD RUNNING SAFETY PROTOCOL

The safety of our students is always the foremost concern across all programs and activities. As part of your student's participation in Cross Country or Track, some part of his/her training will occur on the roads. Since pedestrian running is inherently a risky activity, our athletic staff and administration have taken special precautions to keep students safe. This safety protocol includes the joint efforts of coaches, students, administration and parents and should be reviewed carefully prior to each season. All members of the Cross Country/Track programs will be responsible for safety as follows:

Coaching Staff:

The Head Coach will ensure that "sweeping" occurs on each occasion that students will be running on the approved roads and trails. Sweeping will include monitoring that students are following safe running rules and checking on the welfare of each athlete throughout the training session. Approved trails include:

- A) Right out of the central office entrance onto Little City Road. Cross over Rt.81 at traffic light onto Ponsett Road and Morris Road, bearing left onto Hubbard Road. At the end of Hubbard Road turning right onto Beaver Meadow Road which can link up to Cockaponsett State Park and numerous trails. (Return route is identical but in reverse.)
- B) Left out of the school campus onto Little City Road for .5 miles. Take a right onto Gunger Hill road and run on the residential roads and hills in this development. (**Note: This route will only be run on pre-approved dates with increased supervision.**)

The Head Coach will keep daily attendance records of all runners, including which route they are running each day and require all athletes to check in upon completing their assigned run

The Head Coach will ensure that signs are be posted at the start and finish of all routes along with signs being posted at any blind corners/problem areas during on-road training sessions

Violations of safety procedures will be documented and handled by the coach, including the assignment of established consequences in conjunction with the athletic director. Standard consequences will be as follows:

Administration and Athletic Director

Student athletes may occasionally be bussed off campus for training runs if resources are available. All safety rules and policies will continue be followed and enforced when off campus.

Administration will advertise and publicize running safety procedures in local media/publications

Administration will provide road signs and high visibility gear for student athletes

Student Athletes and Parents

Runners will wear highly visible gear when running off campus and stay on the approved roads and trails.

Parent volunteers will be utilized, if necessary, during the track seasons as long as parents have completed the district requirements. The district protocols around parent volunteers will be followed.

Parents will personally review/drive the routes with their student athlete so that all are familiar with the conditions and possible hazards.

HADDAM KILLINGWORTH HIGH SCHOOL
STUDENT- PARENT CROSS COUNTRY/TRACK & FIELD ROAD RUNNING SAFETY AGREEMENT

Student Name: _____

Grade: _____

Parent and Student Athlete: Please review this contract carefully, complete information as requested, affix signatures, and return the completed contract/permission form to the head coach.

Code of Conduct and Training Rules

The following conduct and training rules apply to all student athletes involved the Haddam Killingworth cross country and distance programs during the fall, winter and spring sports seasons.

Training Rules. All student athletes will adhere to the following:

- 1) Run on only those roads/trails which have been approved by the school administration and the head coach.
- 2) Only run on approved roads when CAUTION signs have been posted along the assigned running route
- 3) Run in single file facing oncoming traffic at all times and following all other rules of the road
- 4) Cross streets only at intersections or assigned crossing areas
- 5) Wear highly visible apparel at all times when running on the roads

Violation of Training Rules:

- First Offense: Student athlete will be issued a verbal warning and will lose privilege of running on the roads for one week, parent/guardian will be notified
- Second Offense: Student athlete will not be allowed to participate in the next competition and will not be allowed to run on the roads for 2 weeks, parent/guardian will be notified
- Third Offense: Student athlete will not be allowed to participate in the next competition and will not be allowed to run on the roads for the remainder of that season, parent/guardian will be notified

I have read and understand the Haddam Killingworth Code of Conduct and Training Rules as it pertains to the safety procedures for running on the roads. I agree to enforce and follow these rules or be subject to the penalties for not following proper safety protocol. I understand that running on the roads is a high risk activity and assume all liability for my/my student's participation.

STUDENT ATHLETE PRINTED NAME

PARENT/GUARDIAN PRINTED NAME

STUDENT ATHLETE SIGNATURE

PARENT/GUARDIAN SIGNATURE

DATE

DATE

Parents and students will sign the Student-Parent Cross Country/Track and Field Road Running Safety Agreement each season prior to the student's participation on the team.

Reports of Safety Concerns or Violations should be directed to the Athletic Director, who will address each concern on its merits with the appropriate personnel and/or athletes.