

Rules for Safe Road Runs

Running on the roads is a must for the proper conditioning of endurance-based athletes, but unfortunately it has the potential to be a dangerous activity. It is impossible to predict at times what the driver of an automobile will do; therefore it is up to the athlete to be on the defensive at all times while running on the roads. The following is a list of rules that will greatly diminish the likelihood of road running accidents. All Park Hill South High School Student-Athletes must follow these rules while running on the roads. Failure to follow these rules will result in the revocation of the privilege to run on the roads and the athlete will do all running on campus.

1. Run only on the designated route. Do not make-up your own route.
2. Always run facing the traffic (left side of the road), unless:
 - a. there is absolutely no room on the left side of the road (a big ditch).
 - b. there is a sidewalk available to run on.
3. Run single file at all times.
 - a. Never run directly down the middle of the road.
 - b. When running, always use proper manners. No horseplay or fooling around will be tolerated.
4. Cars always have the right of way. Stop and Look both ways before crossing any streets, highways, or intersections. Make good eye contact with the driver before crossing intersections. Do not take chances!
5. Do not try to race along side of cars.
6. Obey all traffic laws, e.g. red lights, crosswalks, etc.
7. Do not provoke dogs or other animals.
8. Do not cut through yards. Respect the property owners.
9. Do not run with any type of headphones. You must be able to hear traffic.
10. If you see any violations of the guidelines, bring them to the coaches' attention.
11. Remember: be a "class act" at all times.

I have read the above rules and been informed by the coaches as to the proper guidelines expected during road runs. I am also aware of the consequences that I will face if I fail to follow these guidelines.

Student-athlete signature _____ Date _____

I, the Parent/Guardian, have read through the rules and I am aware of the rules expected to be followed during the road runs.

Parent/Guardian signature _____ Date _____