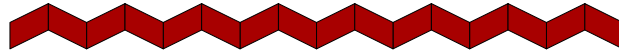


# Off-Campus Running



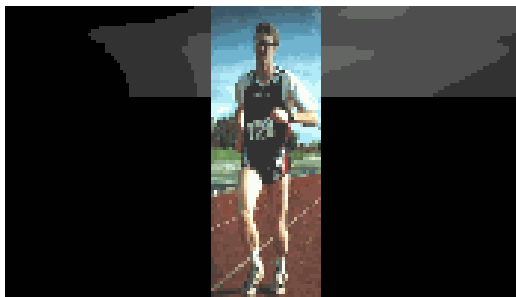
**Training Course Design and Planning.** Training courses for student-athlete runners should be carefully planned, utilizing the following guidelines:

- Use on-campus courses whenever possible.
- Use parks, recreational areas, and trails as a back up to campus courses.
- When the most prudent design includes running on public side roads, look for wide shoulders, paralleling sidewalks, and bike trails.
- Review public side road courses for blind spots, a low occurrence of crossings, and a low volume of traffic.
- Design courses so that less experienced runners will have a shortened safe return route.

**Administrative Approval.** All off-campus training courses must be approved on an annual basis following the prescribed procedure below:

- Each training course request will be submitted through the director of student activities to the principal on an annual basis, prior to the commencement of a conditioning program.
- Approved course maps must be on file in the office of the director of student activities showing each route, with key traffic crossings highlighted. When crossings exist at key intersections, the coach must be present with the team at time of crossing.
- Directors of student activities must have firsthand knowledge of each training course, and individually inspect each course for safety features.
- Once the course is approved, strict compliance is required to ensure the safety of each participant.

**Guidelines for Athletes Training Off-Campus.** These guidelines will be reviewed with all student participants prior to the start of off-campus conditioning programs.



**Continued**

# Off-Campus Running

(Continued)

**Each student-athlete should return a signed copy of these guidelines to their coach, and receive a copy to keep.** (The following should be printed on school letterhead.)

- Run single file facing traffic when there are no sidewalks.
- Stop, look, and listen when crossing key intersections.
- Cross with traffic lights.
- Do not cut diagonally across intersections/streets.
- Cross entire streets - don't get stranded in median strip.
- Always run with a partner.
- Do not run on private property.
- Do not carry walkman, frisbees, tennis balls, or any other distractions.
- Follow approved specified course.
- Check-in with the coach at the end of the day's run.
- Run defensively and anticipate problems – **Do Not Challenge Vehicles.**

**Student Signature** \_\_\_\_\_

**Date** \_\_\_\_\_