

## **CEDAR CREEK SCHOOL TRACK AND FIELD CAUTIONARY STATEMENT**

The following recommendations have been designed specifically for the Cedar Creek Track and Field Teams. Because of the intense demands and conditioning required, athletes and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the sport.

### **PREPARATION FOR PRACTICE OR CONTEST**

1. Select the appropriate clothing to be worn in warm or cold weather. Since we have a varied climate, it is important to be prepared for all kinds of weather and to dress accordingly.
2. Proper warm-up and cool down is very important before and after competition and practices.
3. Select and change shoes/spikes for various surfaces to help reduce shock and stress.
4. Athletes who are sick, dizzy, or lightheaded should contact their coach. Do not practice.
5. Athletes with seizure, neuromuscular, renal, cardiac, insulin/diabetic, chronic skeletal problems, disorders or diseases, **must** present a physician's approval prior to participation in any practice session.
6. Participants should ingest the equivalent of 6-8 glasses of water each day.
7. Athletes needing preventative taping or bracing should arrive early to receive treatment. Any injury problem or concerns should be discussed with the coach. Wear all pads, braces, and supportive undergarments to all practices and competitions.
8. Athletes with visual impairments must wear shatterproof glasses or lenses where judgment or safety is a problem. Glasses must be mounted in break resistant frames and secured with an elastic strap.
9. No horseplay, rough-housing, hazing or initiations.

### **IN THE LOCKER ROOM**

1. Be alert to slippery floors and use caution.
2. Keep floors free of litter. Place all personal belongings in assigned locker.
3. Close and lock locker door when away from your assigned locker.
4. No horseplay, rough-housing, hazing or initiations.
5. If spiked shoes are worn, they are to be put on and taken off outside the building.

### **MOVEMENT OR TRAVEL TO THE PRACTICE/CONTEST SITE**

1. Be aware of variations in the surface of ramps, locker rooms, cinder, or artificial tracks.
2. In approaching the track, be alert to location of:
  - A. Sprint/hurdle straight-aways.
  - B. Relay/Exchange areas.
  - C. Jump/Vault runways and landing pits.
  - D. Shot and discus throwing and landing areas.
3. When jogging for warm-up/or warm/down, or during practice, run in the outer lanes.
4. Stretch thoroughly and start your workout with easy running.
5. No horseplay, rough-housing, hazing or initiations.

## **HAZARDS SPECIFIC TO TRACK**

1. Jumper, throwers, and hurdlers must check equipment to see that it is safe and in proper condition before using. Athlete must notify the event coach in case of any equipment failure.
2. Shot/Javelin/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, discus and javelin.
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 "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 radio or iPod head phones. 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. Be attentive while running on rugged or rocky terrain. Inattention to differences in terrain, holes, ditches, rock, logs, etc., can result in falls, bruises, cuts and scrapes, sprains, and even broken bones.
11. Weight training regimens may also be part of conditioning. Observe all weight room safety rules carefully.
12. Dehydration can be dangerous. Water will be available at practices and contest. Athletes should ingest water frequently.

## **EMERGENCIES**

Because of the physical demands of track, some injuries will occur. All injuries must be called to a coach's attention. Most will be minor and can be managed through basic first aid techniques. However, some injuries may need more intense management.

1. Stop all activities, practice, or competition. **DO NOT** move the victim!
2. Call a coach to manage the situation if not already at the site.
3. Sit or kneel in close proximity. Assist by:
  - A. Helping with the injured person.
  - B. Calling for additional assistance.
  - C. Bringing first aid equipment or supplies to the site.
  - D. Keeping onlookers back.
  - E. Directing the rescue squad to the accident site.
4. Fire or Fire Alarm:
  - A. Evacuate or remain outside the building.
  - B. Move and remain 150 feet away from the building

## **ACKNOWLEDGMENT**

All Track and Field participants will be required to be at every practice by the time designated by the coach. Workout clothes must be worn. Shoes for each individual event, track shoes or road running shoes must be brought to every practice. Everyone must ride to and from the meet with the team unless cleared with the coach first. No athlete is to leave a meet without checking with the coach. All field event athletes are responsible for getting their implements to and from the meet. Anyone losing an implement will be held financially responsible.

We certify that we have read, understand, and agree to adhere to the cautions, considerations, and responsibilities required for participation on the Cedar Creek Track and Field Team.

\_\_\_\_\_/\_\_\_\_\_  
**Athlete's Signature                      Date**

\_\_\_\_\_/\_\_\_\_\_  
**Parent/Guardian Signature      Date**