



## CROSS COUNTRY AND RUNNING CHECKLIST

School:	Date		
Completed by:			
Item / Issue	OK	Not OK	Comment / Action
Specific running routes are assigned and designed with planned points of observation. <ul style="list-style-type: none"> <li>• Roads and streets are avoided as much as possible.</li> <li>• Areas that are busy or have obstructions and/or "blind spots" are also avoided as much as possible.</li> <li>• Notify parents if you plan to run off school grounds.</li> </ul>			
Running areas are checked prior to use.			
Students are taught how to run on various terrains.			
Students are reminded to run only in indicated areas. If running on roads and/or streets, always face traffic. Follow all traffic regulations.			
No student runs alone.			
No earphones are work or permitted.			
Runners are encouraged to use reflective tape or attire as it adds to their visibility.			
Avoid running when inclement weather makes the normal running area hazardous.			
Sport specific warm ups and stretching exercises are used.			
Water is available.			

Other comments or concerns: \_\_\_\_\_

\_\_\_\_\_

Received by: \_\_\_\_\_

Athletic Director

\_\_\_\_\_

Date