



# Chimacum High School

## Athletic Department

(360) 302-5900

### CROSS COUNTRY AND RUNNING CHECKLIST

| School:   | Date |        |                  |
|---|------|--------|------------------|
| Completed by:   |      |        |                  |
| Item / Issue  | OK   | Not OK | Comment / Action |
| <b>Specific running routes are assigned and designed with planned points of observation.</b> <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