

## **Guidelines For Off Campus Running Wake County Public Schools**

The following guidelines are recommendations for all interscholastic teams who incorporate off campus running as a part of conditioning. Coaches will provide the athletic director with the courses used for practices and/or meets. Prior to the start of the season, the coach and athletic director will approve the courses. Athletes and parents will be notified of these guidelines and are expected to comply with the following:

- Always run the school-approved course as designated by the coach.
- Run on sidewalks or shoulders where available, not on the street.
- Run on the street only when another approved course is unavailable; then, run FACING oncoming traffic and run single file except when passing another runner.
- Wait and cross with the traffic light green at all intersections. If there is a caution light or no traffic light, cross only when it is clear to do so. DO NOT assume a driver has seen you. Every runner must stop and look; do not cross as a group.
- Make eye contact with the driver of any car that is in your running path. This is particularly important when a car is turning right. In this situation, drivers frequently look only to their left. They may not see you approaching from their right.
- NEVER push, shove, or horseplay with another runner.
- NEVER run with headphones.
- Acknowledge your presence with a command, such as “runner approaching” when you approach an unsuspecting runner or pedestrian.
- Watch for bicyclists and in-line skaters: use the same precautions you would with a vehicle.
- Avoid confrontations with others you encounter on the course. Never comment or gesture inappropriately. Report any incidents to your coach immediately.
- NEVER run alone.

We understand the above off campus running rules and agree to follow them.

PRINTED NAME OF ATHLETE: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

ATHLETE SIGNATURE: \_\_\_\_\_