

TRACK AND FIELD RISK ACKNOWLEDGMENT
CAUTIONS & RESPONSIBILITIES OF STUDENT/ATHLETES AND PARENT/GUARDIAN(S)

The following procedures have been developed for the Oak Creek High School Track and Field program. 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 track and field.

Preparation for practice or contests:

- 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. Wear ace bracing and supportive undergarments to practices and competitions.
- Participants should ingest the equivalent of 4-6 glasses of water each day.
- Proper warm-up and warm down is very important before and after competition and practices.
- Select and change shoes/spikes for various surfaces to help reduce shock and stress.
- Athletes who are ill, dizzy, or light headed should contact their coach and should not practice.
- Athletes with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders or diseases, must present a physician's approval prior to participation in any practice session.
- It is the responsibility of the student athlete and parent to report to the coach and the athletic trainer any medical condition and/or medication the student may require during the course of the activity inclusive but not limited to practice, travel, games/performances.
- Athletes needing preventive taping or bracing should arrive early to receive treatment. Any injury problem or concern should be discussed with a coach or athletic trainer.
- 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.
- No horseplay, roughhousing, hazing or initiations.

In the locker room:

- Be alert to slippery floors and use caution.
- Keep floors free of litter. Place all personal belongings in assigned locker.
- Close and lock locker doors when away from your assigned locker.
- Keep soap and shampoo in the shower room.
- No horseplay, roughhousing, hazing or initiations.
- If spiked shoes are worn, they are to be put on and taken off outside the building.

Movement to the practice/contest site or travel to contest/practice site:

- Be aware of variations in the surface of ramps, locker rooms, cinder, or artificial tracks.
- 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
- When jogging for warm-up/warm down, or during practice, run in the outer lanes.
- Stretch thoroughly and start your workout with easy running.
- No horseplay, roughhousing, hazing or initiations.

Hazards specific to track and field:

- Jumpers, throwers, and hurdlers must check equipment to see that it is safe and in proper condition before using. Athletes must notify the event coach in case of any equipment failure.
- Shot/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 and discus.
- Hurdlers must be sure hurdles are facing a direction that allows the hurdle to tip if struck by the hurdler.
- 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.
- When passing other runners during practice, always call "passing".
- Athletes should be alert to activity going on around them to prevent collisions and/or the sudden stopping of others.
- Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. Do not wear radio or tape player headphones. Run in single file and be alert at intersections. Avoid heavily traveled streets and always look both ways before crossing.
- Never cut across neighborhood lawns or through private property.
- Avoid sudden stops on hard surfaces while sprinting. A gradual slow down will help prevent unnecessary let stress.
- Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
- Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently.

I understand that the risks of engaging in track and field include, but are not limited to death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular-skeletal system and serious injury or impairment to other aspects of the body, health and well-being and may impair future abilities.

ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation in the Oak Creek High School track and field program.

Athlete Signature

Date

Parent/Guardian Signature

Date