

Blanchet Catholic School

Track and Field Cautionary Statement

The following recommendations have been designed specifically for the Blanchet Catholic School track and field team. Because of the intense demands of 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 CONTESTS

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. Participants should ingest the equivalent of 4-6 glasses of water each day. All athletes need to bring their own water.
3. Proper warm-up and cool-down is very important before and after competition and practices.
4. Select and change shoes/spikes for various surfaces to help reduce shock and stress.
5. Athletes who are ill, dizzy, or light headed should contact their coach and should not practice.
6. Athletes with seizures, 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.
7. Athletes needing preventative taping or bracing should arrive early to receive treatment. Any injury problem or concern should be discussed with a coach or athletic trainer.
8. Athletes with visual impairments must wear shatterproof glasses or contact lenses. 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.
3. Keep soap and shampoo in the shower room.
4. No horseplay, rough-housing, hazing or initiations.
5. If spiked shoes are worn, they are to be put on and taken off outside of the building.

MOVEMENT AND TRAVEL TO CONTEST/PRACTICE 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 the 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
 - e. Javelin throwing area
3. When jogging for warm-up/cool-downs run in outer lanes.
4. Stretch thoroughly and start your workout with easy running.
5. No horseplay, rough-housing, hazing, or initiations.

6. No foul language
7. Transportation will be provided to all track meets. Student-athletes must ride the bus with the team to the meet. Parents may transport their child home by signing them out on the coach's transportation form. Student-athletes riding with someone else's parent must have a written note prior to the trip.

HAZARDS SPECIFIC TO TRACK AND FIELD

1. 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.
2. Shot/discus/javelin throwers must check the throwing sector and the immediate areas along the circle or runway for people in the area. They must also refrain from horseplay with the shot, discus and javelin.
3. Hurdles 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 use 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 stopping of others.
7. Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. Do not wear headphones. Run a single file and be alert at intersections. Avoid heavily traveled streets and always look both ways before crossing the road.
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. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
11. Dehydration can be dangerous. Water will be available at practices and contests. Athletes should ingest water frequently.

EMERGENCY ACTION PLAN

Because of the physical demands of track and field, some injuries may occur. All injuries must be called to a coach's or trainer's attention. Most will be minor and can be managed with basic first aid. However, on occasion the situation may require 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. Call 911 emergency care
 - b. Bringing first aid equipment or supplies to the site.
 - c. Keeping any onlookers away.
 - d. Directing the EMTs to the scene.

ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations, and responsibilities required for participation on the Blanchet Catholic School track and field team.

_____/_____.
Athlete Signature Date

_____/_____.
Parent/Guardian Signature Date