

Blanchet Catholic School

Cross Country Cautionary Statement

The following recommendations have been designed specifically for the Blanchet Catholic School Cross Country 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. Athletes should ingest the equivalent of 4-6 glasses of water each day. All athletes should bring their own water bottles.
3. Proper warm-up and cool-down is very important before and after competition and practices.
4. Proper running shoes to help reduce shock and stress.
5. Athletes who feel dizzy, light headed, or nauseous should communicate symptoms with their coach and stop activity .
6. Athletes with seizure, neuromuscular, renal, cardiac, insulin/diabetic, 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 impairment must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception.
9. While training in the community adhere to all traffic signs and crossings. Be aware of surroundings at all times.
10. Wearing earbuds, ipods, headphones while running is prohibited for the safety of the athletes and to protect them from harm.

IN THE LOCKER ROOM

1. Be alert to slippery floors and use caution.
2. Keep floors free of litter. Place all belongings in assigned lockers
3. Close and lock locker doors when away from your assigned locker.
4. Keep soap and shampoo in the shower room.
5. Refrain from rapid movements, horseplay, and rough-housing in the locker/shower areas.
6. Identify incidents of foot or other skin infections to coach (es) immediately
7. No horseplay, rough-housing, hazing or initiations.

APPROACH TO COMPETITIVE/PRACTICE SITE OR TRAVEL TO CONTEST

1. Pay attention to course directions to avoid getting lost and safety of course terrain.
2. Stretch thoroughly before and after competition and practices.
3. No foul language.

4. Blanchet Catholic School will provide transportation to and from all cross country meets. Student-athletes must ride the bus with the team to the meets. Parents may transport their child home after meets by signing them out on the coach's transportation form. Student-athletes riding home after the meets with someone other than their parents must have a written note from their parents and turn into the Head Coach prior to the start of competition.

CAUTIONS SPECIFIC TO CROSS COUNTRY

1. Athletes should be alert to activity going on around them at all times to prevent injuries.
2. Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks.
3. Use of ipods, earbuds or headphones are prohibited.
4. Run a single file and be alert at intersections.
5. Adhere to traffic signs and signals.
6. Avoid heavily traveled streets and always look both ways before crossing the road.
7. Never cut across neighborhood lawns or through private property.
8. Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
9. Dehydration can be dangerous. Athletes should drink water frequently.

EMERGENCY ACTION PLAN

Because of the physical demands of cross country, dehydration and injuries may occur. All health related issues must be called to the coach's attention. Most will be minor and can be managed with basic first aid and proper hydration. 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. Calling 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.

If suspected dehydration remove athletes from outdoor elements into cool indoor areas.

- e. Recognize dehydration signs: lightheadedness, pale, headache, vomiting.
- f. Hydrate athletes with water and or gatorade.
- g. Apply cool packs to head, neck, armpits and remove any heavy clothing.
- h. Bringing first aid equipment or supplies to the site.
- i. If needed, call 911 for assistance.

Lightning

When thunder is heard or a cloud-to-ground lightning bolt is seen, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend activity and take shelter out of harsh elements immediately.

