

**Thomas Middle School  
Cross Country**

**Safety Contract**

Your safety while participating in cross-country here at Thomas Middle School is a high priority. By its very nature running has certain risks such as sore knees, shin splints or a sprained ankle.

We will be running on a variety of surfaces (grass, gravel, cement, blacktop) and over different types of terrain (hills, slopes, sidewalk and streets). Students will often be running without the direct supervision of a coach. Often times the routes to be run will be out of sight of a coach and students will be on their own.

For your experience to be as safe as possible, it is imperative that you obey traffic and pedestrian laws at all times. Always cross a street at a crosswalk and in a safe manner. Do not dart in and out of traffic or from between parked cars. Always be aware of your surroundings and run with a partner.

It is important that you stay on the assigned running route and not create your own. Respect people and their property. Do not cut across private property.

I understand the importance of safety and to behave in a manner that will bring respect to my school and cross-country team.

Student Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

\*Please return to a coach by Tuesday, August 29th