

# Thomas Middle School Cross Country

## Behavior and 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. If a teammate is struggling, stay with them.

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

Additionally, behaviors during practice that create distractions may result in being dismissed from practice followed up by an email or call to parents. These behaviors include: not warming up or cooling down properly or as directed, disrespecting others, not running the routes as directed, having cell phones out except to time your run, improper use of equipment (foam rollers), poor attendance, or any other general behavior that doesn't contribute to a positive practice atmosphere.

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

Name of Student \_\_\_\_\_ Grade \_\_\_\_\_

Name of Parent/Legal Guardian \_\_\_\_\_

Parent's/Guardian's best contact number \_\_\_\_\_

\*Please turn in by your **first day of practice.**



