

# SIGN AND GIVE TO COACH GUIDELINES FOR ATHLETES TRAINING OFF- CAMPUS

These guidelines have been reviewed with all athletes prior to the start of off-campus conditioning programs. Athletes are to return a signed copy of the guidelines to their coach and keep a copy for themselves.

1. Run **single file** facing traffic when there are no sidewalks.
  2. Stop, look, listen when crossing intersections.
  3. Cross with traffic lights.
  4. Do not cut diagonally across intersections/streets.
  5. Cross entire streets. Don't get stranded in median strips.
  6. Always run with a partner.
- Do not run on private property.
8. Do not carry headsets, tennis balls or any other distractions.
  9. Follow approved specified course.
  10. Run defensively and anticipate problems. **DO NOT CHALLENGE VEHICLES!**
  11. Bring your reflecto-vest to every practice and wear it whenever you run off campus. *and there is the potential for darkness/dusk.*
  12. Check in with the coach at the end of each day's run.

Athlete's Name: \_\_\_\_\_

Sport: \_\_\_\_\_

Date: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_