

MONTEREY TRAIL HIGH SCHOOL ATHLETICS



“Home of the MUSTANGS”

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ROAD RUNNING PERMISSION CONTRACT – February 1, 2021 – April 3, 2021

Many sports teams consider distance running as an important factor in conditioning. To have a change of environment, especially for longer runs, those teams often will run on roads and green belts in the community. There are obvious risks that dictate we--coaches, athletes, and parents--increase our awareness and take appropriate actions to guarantee the safety of our athletes. Coaches need to plan the safest course possible. The athletes on road runs must observe the laws and demonstrate common sense. Those laws and common-sense issues are detailed in the following document.

THE RULES OF THE ROAD - The Laws

Each runner will

- Run on the left side of the road, facing traffic
- Cross at intersections
- Obey traffic lights and signs
- Run six feet apart from other team members
- Wear mask at all times

Common Sense

Each runner will

- Know the course before beginning the road run
- Know how the coach will monitor the course—running with athletes, riding a bike, or driving a vehicle
- Please bring water so you stay hydrated.
- Establish eye contact with a driver before crossing at an intersection by waving, nodding, etc.
- Run the furthest from the traffic as possible (right side of bike lane, outside of shoulder, adjoining path, sidewalk, greenbelt, etc.)
- Run six feet apart in a single file line when there is lack of a wide shoulder, sidewalk, path, etc.
- Run defensively by always being aware of what the traffic is doing all around you
- Stay on the course at all times: If you have a problem or injury, wait for the monitoring coach
- Run with a group or partner—never by yourself, maintain social distancing at all times.
- Inform coach of medical conditions to assist the coach in monitoring you (For example, an asthmatic, needing an inhaler, should carry one or supply the coach with one)
- Be focused on the run and doing nothing that would be a distraction

Penalties

If the above laws and/or rules are broken, the athlete will be punished by being given a warning, being confined to runs on the track and/or campus, missing an athletic event, being suspended from the team, or being removed from the team depending on the seriousness and/or frequency of the infraction.

Signatures

We understand, accept, and will comply with this contract.

Athlete name: _____ **Student signature:** _____ **Date:** _____

Parent/Guardian name: _____ **Parent/Guardian signature:** _____ **Date:** _____