

Marysville School District 25
TRACK & FIELD
SAFETY GUIDELINES

(Prior to participating, both student and parent must read carefully and sign)

When a person is involved in any athletic activity, an injury can occur. One should be aware the information presented in these safety guidelines is to inform the athlete of proper technique and inherent dangers involved with track and field. There is a chance of broken bones, muscle and soft tissue and back injuries, which could lead to some form of paralysis. Not all potential injury possibilities in this sport are listed, but athletes should be aware that fundamentals, coaching and proper safety equipment are important to the safety and enjoyment of the sport.

1. Proper warm-up is essential before strenuous activity takes place. Be aware of the potentially serious injuries if you do not follow correct procedures in stretching and conditioning.
2. If you wear eyeglasses, contact your doctor to make sure the lenses and frames are appropriate for track and field events.
3. Perform only those skills and techniques as instructed and/or supervised by your coach.
4. Be sure all equipment, especially shoes, is fitting properly before each day's activity. Make sure shoes have the proper cleats for both the event and the track surface.
5. Athletes should wear the proper safety equipment as designated by the coach.
6. Travel to and from off-campus facilities and practice/competition sites must be in accordance with school procedures.
7. Remove all jewelry and metal hair fasteners and other body adornments as required by rules and regulations for track and field.
8. Be aware of your surroundings both home and away including but not limited to surface conditions, obstructions in the proximity to events and safe entrance to/from events.
9. Wear outer and under garments appropriate for humidity and temperature.
10. In order to help protect the safety of all squad members, squad members with physically limiting injuries and/or health conditions must inform the coach prior to each day's activity of limiting conditions and participate only to the extent allowed by the coach.
11. Players should hydrate themselves frequently during practice and meets and follow the coaches' direction on hydration prior to and following practices and meets.
12. Notify the coach if you are injured.
13. Practice only when your coach is present.
14. Hurdlers must make sure the hurdles are placed at the correct height and are facing in the proper direction. Do not run backwards over a hurdle.
15. Be aware of the safety rules for special events such as the javelin, pole vault, discus and shot put. These events require specialized training and supervision of both the athlete and those in close proximity.
16. Do not attempt any field event without the prior authorization of the coach.
17. Before attempting any throwing event, make sure the throwing sector and landing area are free of people and obstructions.
18. Check all equipment and apparatus prior to using them each day. Special attention is required for pole vault pits to make sure the sections of the pit are secured to each other, the top cover is firmly attached to and covering all sections of the pit and the proper pads are in place surrounding the vault standards.
19. Pole vaulters should never use a pole that does not properly match the athlete's weight and height attempted.
20. Athletes shall not attempt an event without the proper instruction from their coach and the approval of a coach to attempt an event.
21. At the conclusion of each practice and meet, return all equipment to the proper storage area as directed by your coach and secure those storage areas as directed by your coach.

I understand the list of rules, safety regulations/warnings and procedures. I also understand the necessity of using the proper techniques while participating in the track and field program.

Date: _____

Athlete's Signature

Date: _____

Parent or Guardian's Signature