

## **POLICY REGARDING OFF-CAMPUS RUNNING**

### **STATEMENT OF CONCERN**

1. In order to adequately train athletes for certain sports and conditioning, it is imperative that some off-campus running will be required.
2. It is our duty as coaches to maintain a program that considers the safety of our athletes at all times, especially when involved in any off campus running.

### **PROCEDURES FOR OFF-CAMPUS RUNNING**

The most serious hazard that any runner encounters while running on the roads is traffic. Off-campus running will follow pathways through city parks, routes with sidewalks, areas with minimal traffic flow, or roads with shoulders wide enough for a runner to be out of the way of normal traffic paths and flow. Listed below are several safety guidelines that runners should adhere to when training off campus.

1. The coach and runner must always be alert to traffic and weather conditions.
2. Runners should always use sidewalks when available or run on the road's shoulder, not out in the street impairing traffic.
3. Runners should always face traffic, unless running on sidewalks or wide shoulders.
4. Runners should run in single file.
5. Most of the off-campus running should be done in daylight hours. If any early morning running is necessary, a reflective running vest should be worn.
6. Off-campus running in the afternoon should not begin until student and bus transportation has cleared the area.
7. No off-campus running should take place when weather conditions hamper visibility making it difficult to see runners or when the road conditions create hazardous driving.
8. Runners should not cut through or run on a patron's property.
9. Runners should be especially alert at intersections and obey all traffic laws. A runner should not block intersections.
10. For personal safety, runners should run using the buddy system.

### IMPLEMENTATION OF SAFETY PROGRAM

The following steps will be used to implement and maintain an ongoing safety program for off-campus training.

1. Realizing that it is difficult to have close supervision for every athlete at all times while running off-campus, the coach(es) will be on the roads with the runners providing as much supervision as possible.
2. A copy of district policy and guidelines for off-campus running will be distributed to all involved parents and athletes.
3. Parents will sign a permission form to allow their son/daughter to participate in off-campus training. (If not approved by parents, alternative training systems will be provided for the runner).
4. An in-service session on running off-campus will be established with the Independence Police Department for coaches and participants. Along with providing safety procedures to follow, police will notify the coaches/school if they notice unsafe practices on the streets.
5. Coaches will evaluate routes and paths used for training prior to the start of and during the season
6. Parents will be provided with a list and description of all off-campus routes that are used for training. They should feel free to examine these routes and express concerns with the staff at each school.
7. Coaches will remind participants on a regular basis of the off-campus running safety guidelines and forbid individuals from participation if they fail to follow established rules.

**Parent Authorization  
for  
Off-Campus Running**

In order to adequately train athletes for certain sports and conditioning, it is imperative that some off-campus running be allowed. This is generally done to break the monotony of running long distances. The most serious hazard that any runner encounters while running on the roads is traffic. Off-campus running will follow pathways through city parks, routes with sidewalks, areas with minimal traffic flow, and/or roads with shoulders wide enough for a runner to be out of the way of normal traffic flow.

In order for the coaches and school district to make sure that each participant's parent(s) is aware that he/she may be running off campus, please complete this form below and return it to the coach involved with this activity.

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Name of Student \_\_\_\_\_ School \_\_\_\_\_  
Home Address \_\_\_\_\_ City \_\_\_\_\_ Home Phone \_\_\_\_\_  
Activity/Sport \_\_\_\_\_

Please check one of the following:

We(I), the undersigned, hereby grant permission for our(my) daughter/son named above to participate in off- campus running.

We(I), the undersigned, hereby do not grant permission for our(my) daughter/son named above to participate in off-campus running.

Authorization:

\_\_\_\_\_  
Mother's /Guardian's Signature Date \_\_\_\_\_

\_\_\_\_\_  
Father's/Guardian's Signature Date \_\_\_\_\_