

Please fill in the following off campus running permission form:

The long distance group will occasionally take runs off campus. They are from 1 to 2 ½ miles in length. We will start with the shorter runs and will build up. The runners will always be in the company of running adults. We will discuss rules and will keep safety in mind at all times; however, there is inherent risk in running besides roads, crossing streets and running on uneven paths through woods.

I give my child permission to run off campus with the long distance group of the _____ Youth Track & field Team.

Signature: _____ Date: _____

For the runner to read and sign:

In order to run off campus with the long distance group, I need to be trustworthy. I agree to listen carefully to the rules before we leave on the run. I understand that I must always run with an adult. I will stay with the group. I agree not to run through anyone's yard. I will leave for the run only if I leave with the group. I understand this is a training run and is considered a running workout. I understand that if all of these rules are not followed, I will not be invited to run off campus during future practices of this track/cross country season.

Signature: _____ Date: _____

Expectations of student athlete behavior:

- The expectation is that track/cross country students participate in track/cross country from _____ every day there is a practice. Students must attend at one practice each week to participate in the meets.
- Students may not leave the track without permission.
- Students may leave to go to the restroom, with the coach's permission.
- Students will sign in before each practice.
- Students are required to attend practice in appropriate attire (running shoes, no jeans).
- Students are expected to treat everyone on the track with respect and politeness.
- Students are there to have fun and to work hard.
- Parents will be notified when these expectations are not being met.

Student Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____