

PARENT INFORMATION AND CONSENT FORM
TRACK GUIDELINES/DISTANCE TRAINING OFF CAMPUS

As in all sports and athletics, methods of training athletes for specialized events are constantly changing.

Particularly in distance running, research has proven that an athlete must run from 5 to 15 miles per day to compete and produce championship performances. To run these kinds of workouts take not only physiological endurance, but also mental concentration, therefore, the boredom of training on an oval track is overwhelming and actually reduces performance.

The Shawnee Mission School District coaches, middle school/high school building activities/athletic directors, and the district director of athletics feel that the safety of your son or daughter is of utmost importance, and therefore feel it necessary to explain our **off campus** distance running training rules.

- A. Distance runners may choose to run on sidewalks that parallel main trafficways, but **under no circumstances** are runners allowed to run **on streets** that are moderately or heavily traveled.
- B. Runners may run on rural roads or streets with very light patterns of traffic.
- C. The athlete may choose the option of completing his workout on the school premises.
- D. The head cross country coach and the head track coach have the responsibility of **explaining and enforcing all of the off campus running rules.**
- E. If an athlete makes the choice to run off campus, he or she will be instructed to obey all traffic and pedestrian signals. The coach will make every effort to supervise the runners by vehicle or by running with the athletes. Athletes will run in groups and not be allowed to run alone. **The coach must explain all of the above rules to his or her athletes.**

This information is an effort to communicate with parents and athletes and to explain the precautions the school district will be taking to safeguard athletes.

Your signature confirms the fact that you and your son/daughter have read the above options and may decide on more restrictive running areas for your son or daughter.

Date

Student Athlete's Name (printed)

Student Athlete's Signature

Date

Parent/Guardian Name (printed)

Parent/Guardian Signature