

Mercer Island School District
TRACK & FIELD

SAFETY GUIDELINES
**(Prior to participating, both the 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 techniques and inherent dangers involved with track & 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 the coach for proper fitting of safety lenses, appropriate frames that are compatible with golfing. If you have a bi or tri-focal lens, contact your doctor to provide the best len(s) combination for the various 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 all shoes have the proper cleats for both the event and 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 the golf course and safe entrance/egress to/from the course.
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 javelin, pole vault, discus, and shot put. These events require specialized training and special 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 to be 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.
22. 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.

The above information has been explained to me and 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 & field program

Date

Athlete's Signature

Date

Signature of Parent/Legal Guardian

4/09

Mercer Island School District
TRACK & FIELD

WARNING/AGREEMENT TO OBEY INSTRUCTIONS
(Prior to participating, both the student
and parent must read carefully and sign)

I am aware that TRACK & FIELD is a high-risk sport and that practicing or competing in Track & Field will be a dangerous activity involving **MANY RISKS OF INJURY**. I understand the dangers and risks of practicing and competing in Track & Field include but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of my body, general health and well being. I understand that the dangers and risks of practicing or competing in Track & Field may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life. I also understand that the sport in which I participate may be so inherently dangerous that no amount of reasonable supervision, protective equipment or training can eliminate all vestiges of danger. I am informed the District does not assume the responsibility for the medical services required for these risks.

Because of the dangers of Track & Field, I recognize the importance of following the coaches' instructions regarding techniques, training and other team rules, etc., and to agree to obey such instructions.

In consideration of the MERCER ISLAND School District permitting me to try out for the MERCER ISLAND High School Track & Field team and to engage in all activities related to the team, including but not limited to trying out, practicing or competing in Track & Field, I have read the above warnings and I understand their terms.

Date

Signature of Athlete

I, _____, am the parent/legal guardian of _____.

In consideration of the MERCER ISLAND School District permitting my child/ward to try out for the MERCER ISLAND High School Track & Field team and to engage in all activities related to the team, including, but not limited to, trying out, practicing or competing in Track & Field. I have read the above warning and I understand their terms.

Date

Signature of Parent/Legal Guardian

4/09