

**GUIDELINES FOR OFF-CAMPUS RUNNING
WAKE COUNTY PUBLIC SCHOOLS**

The following guidelines are recommendations for all interscholastic teams who incorporate off-campus running as part of their conditioning. Coaches will provide the athletic director with the courses used for practices and/or meets. Prior to the start of the season, the coach and athletic director will approve the courses. Athletes and parents will be notified of these guidelines and are expected to comply with the following:

- Always run the school approved course as designated by the coach.
- Run on sidewalks or shoulders where available, not on the street.
- Run on the street only when another approved course is unavailable; then, run FACING oncoming traffic and run single file except when passing another runner.
- Wait and cross with the traffic light green at all intersections. If there is a caution light or no traffic light, cross only when it is clear to do so. DO NOT assume a driver has seen you. Every runner must stop and look; do not cross as a group.
- Make eye contact with the driver of any car that is in your running path. This is particularly important when a car is turning right. In this situation, drivers frequently look only to their left. They may not see you approaching from their right.
- NEVER push, shove, or “horseplay with” another runner.
- NEVER run with headphones.
- Acknowledge your presence with a command, such as “runner approaching.” when you approach another runner or pedestrian.
- Watch for bicyclists and in-line skaters; use the same precautions as you would with a vehicle.
- Avoid confrontation with others you encounter on the course. Never comment or gesture inappropriately. Report any incidents to your coach, immediately.
- NEVER run alone.

We understand the above off-campus running rules and agree to follow them.

PARENT(S) _____ ATHLETE _____ DATE _____

STUDENT ATHLETE’S PARENT PLEDGE

As a parent, I acknowledge that I am a role model. I will remember that school athletics is an extension of the classroom, offering learning experiences for the students. I must show respect for all players, coaches, spectators, and support groups. I will participate in cheers that support, encourage, and uplift the teams involved. I understand the spirit of fair play and the good sportsmanship expected by our school, our conference and the NCHSAA. I hereby accept my responsibility to be a model of good sportsmanship that comes with being the parent of a student athlete.

_____ PARENT(S)

STUDENT ATHLETE PLEDGE

As a student athlete, I know I am a role model. I understand the spirit of fair play while playing hard. I will refrain from engaging in all types of disrespectful behavior, including unnecessary physical contact. I know the behavior expectations of my school, my conference, and the NCHSAA and hereby accept the responsibility and privilege of representing this school and community as a student athlete.

_____ STUDENT ATHLETE