



2011 LAKE FOREST CROSS COUNTRY

SAFETY PROCEDURES AND PROTOCOLS

Parents:

In light of the tragic death of a cross country runner in the southwest suburbs last week, the coaching staff would like to review with you our safety procedures and protocols that we have in place at Lake Forest High School. The coaches have discussed this event with the athletes as we continue to emphasize the importance of being careful when we leave the relative safety of the school campus. Cross country practice, by its nature, requires us to leave campus on most days, and the coaching staff believes that with the help of our athletes we can maintain a safe practice environment for everyone in our program.

The following are the points of emphasis regarding safety that we repeatedly discuss and actively practice with the team:

- ✓ Athletes must follow all traffic laws (example: cross streets at lights with “walk” signals only)
- ✓ We run on the left side of the road (when no sidewalk is available) to better see oncoming traffic
- ✓ Athletes communicate with the rest of the group when there is oncoming or following traffic
- ✓ We take extra care at all road crossings (particularly when no crosswalk exists)
- ✓ Athletes need to have an awareness of their surroundings (not simply following the person in front of them)
- ✓ Athletes should always communicate with their group coach if they are struggling on a run.
- ✓ Runners are not to be left alone or behind on a run while off-campus.

When possible, we choose to run off the roads (LF/LB Open-lands, park district locations, bike paths), and we select lightly traveled roads as much as possible. The coaching staff is with the athletes at all times (both on bike and/or running along with them) to provide supervision of the run. In addition, the athletes are placed in smaller groups based upon ability level (along with a dedicated group coach) and are not asked to run distances that they cannot complete. Out on the run, the coaches work very hard to maintain contact with all of the runners and to ensure that everyone knows the route well, often stopping at key points and intersections to ensure that no one gets lost. Our primary responsibility is to make certain that everyone gets back safely.

The cross country coaching staff is passionate about running and we are committed to providing your son or daughter with a positive, safe and rewarding experience.

Please let us know if you have any questions. Thanks you for your continuing support.

Lake Forest High School Coaching Staff

Girls Staff:

Steve Clegg

Cindy Collier

Chris Landvick

Boys Staff:

Nathan Sweet

Ben Zollo

Matt Jerina