

Troutdale Track Club

SAFETY POLICY

When a person is involved in any athletic activity injuries can occur. The coaches, parent volunteers, and the Board of Directors have developed these guidelines and practices to reduce the possibility of your child being injured. You and your child should recognize that common sense, having respect for others and following directions go a long way toward making a safe environment.

Transportation

Travel to and from practice and track meets are the responsibility of parents. Troutdale Track Club does not provide transportation.

Training Facility

The only authorized areas for training during TTC practices are the Reynolds High School track and associated fields or Sunrise Park for cross country. There are no authorized road running sessions.

General Safety

Clothing/Shoes:

Obtain appropriate footwear that fits well. Keep your shoelaces tied. Track spikes should not be used for training except when directed by the coach.

Dress appropriately for weather conditions. We have had snow in March and 90 degree weather in July. You are responsible for your own gear at practice. The coaches can not be watching over your gear.

Glasses/Contacts/Accessories:

If you wear glasses or contacts consult your eye care provider about the best lens to use for track and field events.

Removal of jewelry, metal hair fasteners and other body adornments should be considered.

Hydration:

Hydration is important particularly in warm weather. You are responsible to bring your own fluids. Water should be used primarily. Sport drinks are generally not required.

Illness or Injury:

Advised the coach if you have been injured or feel ill.

Do not come to practice if you are sick.

Running Activities

Be aware of surface conditions, e.g.-standing water, sand.

Stay in your assigned lane for 100, 200, 400, hurdles, 4x100 relay. Cutting into another lane can cause injury to you and others.

When passing another runner in 800, 1500, 3000 and 4x400, 4x800 relays have a full stride ahead before cutting in.

Special Running Areas

Starting Blocks-do not use starting blocks until the coach has approved its use. Be sure the blocks have the spikes anchored in place to prevent slipping. Never use blocks without prior warm up and stretching.

Hurdles-TTC uses safety hurdles for beginners. The coaching staff must instruct you in their set up and use. Only athletes certified for use with hurdles will be allowed to train with them. Hurdles are to be placed only at regulation heights. Do not run backwards over a hurdle. Junior Olympians who have already been certified may use the RHS hurdles under the coach's supervision. High school hurdles are made of steel or aluminum. These heavy objects are the most common source of injury during youth track. They are NOT toys!

Inherent in hurdling events is the opportunity for injury from hitting the hurdle. The result may be loss of balance resulting in a fall, collision with or from another contestant or similar actions resulting in bodily harm including concussion, fractures, dislocations, abrasions and rarely death.

Jumping Activities

Prior to using the long jump runway, sand, gravel and litter must be removed to prevent slips. The take off board must be dry and firmly in place. The landing pit must be inspected, raked and free of hazardous objects. The landing pit is **NOT** a sand box for play.

Throwing Activities

Shot Put/Javelin/Discus/Hammer-Do not attempt to use the implements without the approval and supervision of and by the weight coach. The shot put/discus ring/hammer ring must be kept clean and reasonably dry. Do not throw the shot/discus/hammer without coach's approval. Enter and exit the ring away from the throwing area. Proper technique is essential. Do not retrieve the shot/discus/javelin/hammer without the coach's approval. Do not horse around with the shot put. A 6 to 12 pound ball of steel can cause serious trauma. Stay outside the throwing cage when waiting your turn in the discus. Only approved athletes 13 and older may use the javelin. Turbo-javelin must be thrown in the area designated by the coach. The hammer may only be thrown at the end of practice with onsite observation of the coach.

Participation in the throwing events assumes a conscious understanding of the inherent dangers that a shot, javelin, hammer or discus can produce if its momentum is interrupted by a human body. Non-participants must stay out of the throwing area if they wish to observe.

Liability Waiver and Conditions of Membership

My child and I have read the safety guidelines. By our signatures on this application we agree to assume all risk of injury or fatality, including all medical expenses, and all risk or damage or loss of property arising out of his/her participation in this organization and its activities. I (parent/guardian), for myself, my heirs, executors, administrators and assigns do indemnify and hold harmless the Board of Directors, coaches, volunteers, parents of Troutdale Track Club as well as the Reynolds School District from any and all liability, claims, demands, actions, loss and/or damage arising out of my child's participation in the Troutdale Track Club and its activities.

By my signature on this application I give permission for my child to participate in the club and its events. I hereby affirm that my child is in proper physical condition in order to participate in all Troutdale Track Club training and events.

By our signatures we agree to abide by Troutdale Track Club's core values and its integrity pledge:

Integrity: Our youth and parents will live a life of transparency. Our behavior is the same whether we are on the track, school, play or work. We expect the best of ourselves, our teammates and parents. **Integrity.**

Hard Work: We acknowledge that goals are not easily obtained and that hard work is required. We will work hard to achieve not only on the track but in the classroom, home and our vocation. By doing so, we encourage others to work hard. **Hard Work.**

Respect: We will respect ourselves by making good choices. We will not use drugs. We will respect this human body by attentive care. We will respect others particularly those whom we compete against. We will honor their efforts. We will respect our parents, teachers, and coaches because they support us. **Respect.**

Troutdale Track Club/USATF Win with Integrity Pledge

I pledge to make good decisions in my life. I will be an enthusiastic and positive person. I will live with integrity every day; I will lead a healthy, active lifestyle. I will take pride in my successes on the playing field and in the classroom; I will be honest and drug-free, knowing cheaters never win. **I AM A CHAMPION!**

Athlete's Signature:

**Parent/Guardian
Signature:**

Date:
