## Athletics—Long-Distance Running

Athletics (or track and field) is a collection of sporting events that involve running, throwing, and jumping. The long-distance running races are run on a 400m track and usually refer to 5000m and 10,000m events, but could include 3000m for high school students.

### Risk Factor Rating

| Risk Factor Rating | 2 |

### General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

### Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

### Instruction

**Note:** The amount and level of instruction/directions required by the student may vary based on circumstances such as the student’s personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

- Instruction is received from a certified National Coaching Certification Program/Athletics Canada coach, or an experienced coach capable of demonstrating competencies of a certified coach as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill
- All sessions are conducted in a safe environment, indoors and outdoors, with students aware of risks involved in long-distance running
- Safety rules and procedures are learned prior to participation (including road safety)
- Skills/movements are learned in proper progression (The length of the event must be appropriate for the age and fitness level of the student.)
- Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work
- Drinking water is available and consumed as needed
- Coaches monitor weekly training load (distances and increases) of athletes through a training log/journal
### Physical Activity Safety Checklists

#### Athletics—Long-Distance Running

**Supervision**

**Note:** The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

- □ Recommended level of supervision: in-the-area supervision
- □ As some training sessions will be conducted by the students on their own, students are encouraged to train in pairs
- □ The person responsible for providing first aid is present and accessible during the entire session
- □ Safety rules and procedures are enforced
- □ Emergency action plan is in place to deal with accidents/injuries

**Facility/Environment**

- □ Local weather conditions, forecast, humidity, and temperature/windchill are checked prior to outdoor session
- □ Prior to the run, a safety check of the track is performed
- □ Track is free of hazards/debris and traffic
- □ Track surface is level and provides suitable footing
- □ Boundaries are clearly marked

**Equipment**

- □ Equipment to be used is suitable and in good condition
- □ Portable media players (such as an MP3 player) are avoided while running as they reduce the runner’s awareness of any potential dangers in his/her surroundings
- □ First aid kit and phone are readily accessible

**Clothing/Footwear**

- □ Appropriate and properly fitted footwear is worn
- □ Laces are tied and open-toed shoes are avoided
- □ Spiked shoes must have appropriate spikes for the running surface
- □ Jewelry is removed or secured when safety is a concern
- □ Appropriate clothing is worn, permitting unrestricted movement
- □ Suitable clothing and protection is used for weather, sun, and insects
- □ Clothing must meet the requirement of the club or competition

**Other Considerations**

- □ The student has completed a regular medical checkup and a medical history prior to starting the program
- □ The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- □ Registration in an accident insurance plan is encouraged
- □ Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- □ The activity is suitable to the student’s age, ability, mental condition, and physical condition
- □ The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- □ The student’s choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher