

# PHYSICAL ACTIVITY SAFETY CHECKLISTS

## CROSS-COUNTRY RUNNING

Cross-country running is a sport where individuals and teams race to complete a course over open or rough terrain.

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 trained/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, with students aware of potential risks of cross-country running

Basic safety is learned prior to participation, with reference to various terrains (including road safety and buddy system of running)

Skills/movements are learned in proper progression

Length and difficulty of course must be appropriate for age and ability level of athlete

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Drinking water is available and consumed as needed

Course is walked before a race when possible

Coaches monitor weekly training load (distances and increases) of athletes through a training log/journal

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### 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 student on their own, students are encouraged to train in pairs

Person responsible for providing first aid should be present and accessible during the entire session  
Safety rules and procedures are enforced

Marshals are stationed at accessible points throughout course

Safety check of course is performed prior to run

Pre- and post-run/race check-in system is in place

Runners must be briefed on the course prior to run

Plan in place in case someone gets separated from the group during a run or race

Emergency action plan is in place to deal with accidents/injuries and lost runners

### Facility/Environment

Local weather conditions, forecast, and temperature are checked prior to outdoor session

Course/route is 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 to any potential dangers in his/her surroundings

First aid kit and phone are available

### Clothing/Footwear

Appropriate footwear is worn

Laces are tied and open-toed shoes are avoided

Jewelry is removed or secured when safety is a concern

Appropriate clothing is worn, permitting unrestricted movement and providing adequate protection from elements and vegetation

Protection from sun or insects is used as required

Clothing must meet requirements of club or competition

Extra clothing is available which is appropriate for weather for pre- and post-run/race

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### 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

