

FPCS Athletic Department Road Run Form

Track and Cross Country Only



Fairview Park City Schools
21620 Mastick Road
Fairview Park, OH, 44126
Phone: 440.331.5500
Fax: 440.356.3545
www.fairviewparkschools.org

I/We, the undersigned, being the parents/guardians of , do hereby release, waive, discharge and covenant not to sue the Fairview Park City School District [FPCS] Board of Education, its individual members, superintendent, principals, administrators, employees, agents or anyone acting on its behalf, from any and all liability, claim, demand, action or right of action, or whatever kind of nature, either in law or equity, arising from or by reason of any bodily injury, personal injury or mental injury, known or unknown, including death, resulting from, or to result from 's participation in the sport of Track or Cross Country on behalf of or in the name of the FPCS.

I/WE hereby assume full responsibility for and risk of bodily injury, personal injury or mental injury known or unknown, including the death resulting from my/our son/daughter/ward's participation in the sport of Track or Cross Country on behalf of or in the name of the FPCS.

I/WE expressly agree that this release is intended to be as broad and inclusive as permitted by the laws of the State of Ohio. or any other state in which said student may be injured and that if any portion of this release is held invalid, it is agreed that the balance shall, nevertheless, continue in full force and effect.

I/We further state that I/we have carefully read the above release and know the contents of same and sign this release as my/our own free act.

(Parent/Guardian Signature)

Parent/Guardian Name:

Date

Realizing that running safely on the roads is an integral part of distance running, I give my permission for to take part in these supervised road workouts. I have discussed the "Rules of the Road" with my child and understand that my child is receiving proper instructions about the precautions one must use when engaging in this sport.

(Parent/Guardian Signature)

Parent/Guardian Name:

Date

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 does not have permission to practice on the roads. I understand that this will not jeopardize his/her membership on the team, but will mean that he/she will run only on the FHS campus.

(Parent/Guardian Signature)

Parent/Guardian Name:

Date

FPCS Athletic Department

Rules of the Road

Track and Cross Country Only



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It is our hope that during your time with us, you will develop a love for running, a love that will keep on growing for many years to come! Running is truly a lifetime sport. It does not matter how big you are or how fast you are, it is possible to set and meet individual goals that can motivate you every time you put on those shoes.

There will also be times that you will have to run on the roads. As you know, the roads in Fairview Park are wide and straight in many areas. Though scenic, they can be dangerous if you do not follow some simple guidelines. Pay attention to the RULES OF THE ROAD and follow them to a lifelong hobby of running.

RULES

Follow all established traffic laws. When there are lights and the light is Green, you may cross in the same direction as the traffic, but be watchful of a car making a right turn on Red.
Look both directions before crossing a road that does not have a crosswalk or light.
Always yield to motor vehicles. They are bigger than you.
Run on the sidewalk or path parallel to the street where possible. When it is not possible to run on a sidewalk or path, run as near as possible to the edge of the road. If you run in a group, run single file.
Run against traffic so you can observe automobiles.
Never hitch a ride with a stranger.
Run with at least one other person that you know.
When running at night, wear reflective clothing or stripes to aid motorists in seeing you. Avoid unlit areas.
Do not throw any objects on the highway.
When conditions are snow or icy, run in subdivisions and stay away from the main roads. There will be no room on the side of the road for you to run. Cars will be more likely to panic.
Do not wear headphones while running.
Do not stop to give directions to strangers.
Carry identification or write your name, phone number and blood type on your shoe.