

SIOUX FALLS SCHOOL DISTRICT

201 East 38th Street
Sioux Falls, SD 57105

DR. JANE STAVEM
Superintendent



CASEY J. MEILE
Coordinator of Athletics
(605) 367-7607 Office
casey.meile@k12.sd.us

**TRACK & FIELD AND CROSS COUNTRY
WAIVER OF RESPONSIBILITY**

Your son/daughter is currently enrolled in Track & Field and/or Cross Country. Most of the running routes are away from school facilities and there is always a certain amount of risk involved. Because of varying abilities, the instructor/coach cannot be with each student all the time.

Your son/daughter has been instructed in the proper safety procedures while running. This waiver is to emphasize that you and your son/daughter share in the responsibility of knowing and following the safety guidelines which are listed below:

RUNNING SAFETY GUIDELINES

1. Run the assigned route and obey all traffic rules.
2. Run on the sidewalk as much as possible or on the left side of the road facing traffic and never more than two abreast.
3. When possible, cross streets at intersections always looking for cars and never cross against the light.
4. Run with a partner – never by yourself in case of sickness or injury.
5. Be a courteous runner – stay off private property and respect the rights of pedestrians.
6. Never throw snowballs at cars or pedestrians.
7. Always avoid any ties with cars or pedestrians.
8. Be aware of intersections, stop signs, yield signs, railroad crossings and other traffic signs and signals.

School (Circle): Jefferson HS Lincoln HS Roosevelt HS Washington HS
Ben Reifel MS Edison MS George McGovern MS Memorial MS Patrick Henry MS Whittier MS

Student Name (Print): _____ **Student Grade:** _____

Student Name (Signature): _____ **Date:** _____

Parent/Legal Guardian (Print): _____

Parent/Legal Guardian (Signature): _____ **Date:** _____