

Howards Grove Cross Country

"Rules of the Road"

1. Always run on the left side of the road facing traffic.
2. Always run single file when meeting traffic or when being passed by traffic.
3. Always stay as close to the shoulder as possible: use the shoulder when meeting traffic or being passed by traffic.
4. Always give traffic adequate right of way. Your body is no match for a 3000 lb automobile.
5. Always be attentive to oncoming traffic.
6. Always use extra caution, especially when crossing roads.
Use the "buddy system" when crossing roads.
7. Always use extra caution in different outdoor conditions such as rain, fog, snow, ice, and sunset.
8. Always respect other people's property; stay off of people's lawns, driveways, etc...

I have read these rules for running on the road and the coaches have explained them to me. As a member of the Howards Grove Cross Country team, I will conduct myself according to these rules.

Athletes

Signature _____ Date _____

Parent/Guardians

Signature _____ Date _____