

El Dorado Cross Country

Rules of the Road

1. Look both ways before crossing street
2. Make eye contact with drivers before going in front of any vehicle
3. Follow traffic signals at intersections
4. Cross at intersections and crosswalks only
5. Use sidewalk whenever possible. When sidewalks are not available, run facing oncoming traffic.
6. Never talk to strangers. Do not react to verbal harassment from them.
7. Be aware of your surroundings. Do not run with headphones, or anything that prevents you from hearing danger
8. Do not leave behind a teammate who falls behind on the run. Help them get back; offer support.
9. Do not change the course designated by the coaches. If you have to cut the run short, backtrack and/or tell a teammate the route you took.