

CROSS-COUNTRY RUNNING AND ORIENTEERING

EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
ALL GRADES			
<p>Wear proper footwear (no bare feet).</p>	<p>Prior to initial use of cross-country route or orienteering course, do a safety check "walk through" to identify potential hazards.</p> <p>Familiarize students with the route or course before initial attempt (e.g., point out areas to approach with caution).</p> <p>If route includes sidewalks around the school, ensure that students in grades K-8 do not cross intersections unless directly supervised.</p> <p>Classrooms are encouraged to use school parks when available.</p>	<p>Instruct students in basic road safety.</p> <p>Teach skills in proper progression.</p> <p>Be aware of students with a history of asthma and other respiratory problems.</p> <p>Notify parents when students will be running off the school campus.</p> <p>Modify length of route to suit the age, maturity level and ability level of the participants (e.g., design route so that primary students are in sight of the teacher most of the time).</p> <p>Include a proper warm-up and cool-down in all classes.</p> <p>Give attention to:</p> <ul style="list-style-type: none"> ● temperature of the day ● length of time in sun ● previous training and length of preparation 	<p>Provide in the area supervision.</p> <p>K-8 should be directly supervised at intersections.</p>