



Hillcrest High School  
Cross Country Safety Guidelines  
2017-2018



*Always Practice the Basics*

- Stay alert and keep your eyes up so you can spot any hazards around you
- Look both ways before crossing a street
- If there's a designated jogging path or sidewalk, use it
- Keep your distance from the curb or road as much as you can
- Wear bright colors, or even reflectors (especially at night)
- Get a good pair of running shoes so you're not hurting your feet, lace them up to accommodate your type of feet, and start out slow so you don't pull something.
- Consider running without headphones (or keep the volume low)
- Run with a buddy or group

*Run on the "Correct" Side of the Road*

- Run against traffic when possible. Running against traffic lets you see the cars coming toward you so you can react and get out of the way if one loses control.

Otherwise run where it:

- Gives you best visibility (ahead and behind)
- Gives oncoming cars the best visibility of you
- Has a dedicated running path
- Has at least a sidewalk or shoulder
- Has an exit (somewhere you can dive or run in the event a car comes careening toward you)
- Don't always assume that running against traffic is the best option. You want drivers to see you just as much, if not more, than you can see them. Keep out of the road if possible and always be ready to escape somewhere

*Approach Intersections and Streets with Caution*

- Do not attempt to beat a crosswalk light
- Wait until you are given the right of way by the crosswalk indicator
- Do not assume the driver sees you or that they will stop
- Make an attempt to be visible by drivers
- Even if there are no visual indicators of a vehicle, wait until given the right of way

*Be Courteous When Passing People on the Sidewalk*

- Run single file if you're running with someone else, or at least go single file when approaching other people
- Stick to the right and pass on the left, just like you're a car on a road
- The Road Runners Club of America recommends you alert pedestrians when you are passing them with simple "on your left" or "excuse me"

*Trust your instincts or intuitions on a person, place, or thing*