

OFF CAMPUS RUNNING

Members of the San Ramon Valley High School athletic teams are sometimes required to condition at off campus sites. In order to facilitate safety during these workouts, the following guidelines are given to you and the athletes:

1. Always wear visible clothing that is non-restrictive for running.
2. Look both ways before crossing the street and **OBEY ALL TRAFFIC SIGNALS and SIGNS.**
3. Run on sidewalks or paths; run facing traffic if no sidewalk is available; never run in traffic lanes.
4. Run with a team member or within sight (verbal distance) of a teammate.
5. Stay in control when running downhill.
6. Stay on established routes.
7. If you stop, have a team member stop with you.
8. Do **NOT** respond to negative comments from passers by.