

Anglophone East Cross-Country Permission Form

My child, (first and last name) _____, is interested in participating in the Anglophone East Cross-Country extra-curricular, after-school program.

I understand that school practice sessions may require that we leave school property.

I understand that cross-country meets are held in the natural environment of Centennial Park where my child will be exposed to trail hazards such as rocks, roots, overhanging branches, insects, debris, etc. I understand that although there are volunteer marshals (spotters) posted at important turning points to prevent runners going off-course and to ensure safety, such precautions cannot always prevent incidents or injuries from occurring. Runners are encouraged to run with someone else for this reason.

I understand that meets are usually held rain or shine, and my child needs to dress appropriately. Proper running attire, sneakers, water bottle, and a snack are also important. In cooler weather, gloves will help keep hands warm. If my child has a puffer, allergy medication, etc. they should bring those along.

I understand that I am required to arrange transportation to and from Centennial Park. Also, coaches have many responsibilities at the meets and may not be able to provide direct supervision to students at all times. My child and I will be made aware of the supervision arrangements (e.g. parent, teacher, designated volunteer) at each meet and my child knows that he/she is expected to comply with the direction of supervisors at all times.

Our team will meet at Centennial Park near the Tree Go Office at 3:30pm. Our team will be attending the practice meets on Wed, Sept 28th, Oct.5th, Oct 12th. Elementary School District Championships are Wednesday, Oct 19th.

I give permission for my child, _____ to participate.

Parent/guardian signature: _____

Date: _____

Parent cell # _____

_____ I would be able to help as a volunteer, if required (spotter on course, timer, etc). *See reverse side for descriptions.*

These are the following practice meet dates:

_____ Wed. Sept. 28th

_____ Wed. Oct. 5th

_____ Wed. Oct. 12th

_____ Wed. Oct. 19th Elementary School Championships

Descriptions of Volunteer Roles at Cross-Country Meets

Timers: There are four timers required per meet, one for each race. The timer will be provided with a stopwatch at the coach/volunteer meeting. The timer goes to the start line at the beginning of the race to which he/she is assigned. On the 'go' signal from the meet Director, the timer starts the stopwatch and then proceeds to the Finish Line area (near the big hill at the bottom). As runners for that race cross the finish line the timer calls out the runner's time loud enough for runners to hear. The timer will need to be attentive to other runners from other races as there is usually some overlap. The timer calls times only for the race they are assigned (e.g. Grade 6 boys).

Course Marshalls (Spotters): There are at least 9 spotters required for each warm-up meet. The spotters ensure runners do not deviate from the course, and help runners in the unlikely event of an injury, etc. Spotter locations are:

1. Turn left on Martre trail
2. Spotter at opposite end of Martre Trail (turn left back on to Firebreak)
3. Viceroy & Firebreak- turn left
4. Viceroy and Original- get students to go left down the hill, past bridge and along lake
5. Midway along Colvert (paved trail along lake) – turn right up hill to sidewalk
6. At top of small hill on sidewalk – turn left and run along sidewalk to intersection
7. At intersection – turn left and continue along sidewalk
8. At entrance to tennis club parking lot – no directional change, simply ensure no vehicles are coming in/out of parking lot near runners
9. At gravel trail entrance to picnic area – left turn along gravel trail to finish line

Please note that for the Championship meets there are additional volunteers required as follows:

Placing Stick Passers: At the beginning of each race, the number of runners will be counted. There will be enough numbered Popsicle sticks for each race. Each racer will receive a placing stick as they cross the finish line.

Time Recorders: The timers for each race will be at the finish line calling out times as runners cross the line. At the final meet, the times only have to be called loud enough for the "time recorder" to hear and to write them down on a sheet. There is one recorder for all the girls' races and one for all the boys' races. This means that one person will be writing the times while several timers take turns calling out the grade level races.

Finish Line Judges:

There is a finish line judge required for the boys' races and one for the girls' races. It is this person's job to ensure runners receive a placing stick in the order that they finish. Keep them in line in "the tunnel" where they will be given their stick.

***If you have a volunteer who would like to volunteer for the same spot each week, please let me know as soon as possible. Consistency does help the meets to run more smoothly.**