We are excited for another season of Cross Country. Many of our practices and all of our HOME meets are conducted at Schenley Park. During practices we want to both develop skills and ensure safety.

A buddy system is organized when we train on the trails. The system takes into consideration the level and running pace of each child. When we are on the trails, your child will always be paired with a buddy. Although your child may not be running in close proximity to an adult, his or her buddy will always be within 5 to 10 feet. In addition, there will always be a coach at the beginning and a coach at the end of the running pack. Planned head counts will occur at the beginning and the end of each run.

The Schenley Park Trail is the only area of practice in which team members will not be in full view of both coaches 100% of the time. In addition to this practice area, we utilize many other areas of Schenley Park where the runners will be in full view of the coaches 100% of the time. These areas include the Schenley track, the Schenley grass fields, portions of the Bridle and Panther trails, hills in the park, and the Bartlett loop. When we practice on upper campus runners are in full view on the Petersen loop, the Petersen Lawn, the Panther and Pennsylvania Hall Loop, and the trees hall rectangle.

We utilize the many different areas to foster a well-balanced, competent, and confident runner. We also hope you understand why it is imperative that we train on the Schenley Park trails.

If your runner feels they may need an extra safeguard, they are welcome to bring and run with a cell phone. They can always place it in their pocket or in an inexpensive phone case that straps securely to the arm. This piece of equipment prevents phone movement and secures it to the body during running.

If for any reason you have questions about the Cross Country training locations and areas please feel free to call Mr. Lopick at (412) 624-8017.

A parent/guardian must sign this form and submit it prior to the first practice the runner will attend.

If you do not wish to give consent, please contact Ms. Hunt at lahunt@pitt.edu or Mr. Lopick at btl3@pitt.edu to discuss alternative plans.

I have read and understand the above practice information. I understand that an adult may not be in close proximity during previously stated times.