



Preventing High School Running Related Deaths Involving Motor Vehicles Policy and Procedures Template

Purpose: The purpose of this document is to provide a template policy based on data from the National Center for Catastrophic Sport Injury Research (NCCSIR) Database related to running-related deaths due to motor vehicle crashes, specifically when an athlete was participating in exercise related to an organized school sport. This policy is intended to be included within current high school policy addressing health and safety for high school athletes. This policy was created from collaboration between [NCCSIR](#), the [Korey Stringer Institute](#) and the [National Federation of State High School Associations \(NFHS\)](#)

This document has been produced and released in conjunction with NFHS's High School Today April 2021 issue which contains the background information and data to support this policy. Additional information related to catastrophic athlete deaths can also be found on the NCCSIR website: <https://nccsir.unc.edu/>

How to use this document: Highlighted areas represent areas that are to be replaced with information/data specific to the school. Please update accordingly and remove highlighting prior to distribution.

Additionally, this document should be treated as any emergency action plan, therefore it should be reviewed, updated annually and disseminated accordingly. Any changes to the document should be shared with all relevant personnel (i.e. coaches, athletic directors, medical staff, athletes etc). The information contained in this document should always be included with staff orientation or training prior to commencement of their duties.

Disclaimer: Please note, this document is only meant to provide recommendations based on current data and expert opinion. This is only a generic version of this policy and each school needs to create their own plan with the guidance of the sports medicine staff. This document is not considered medical or legal advice. All content is for informational purposes, and the Korey Stringer Institute makes no claim as to accuracy, legality or suitability. The Korey Stringer Institute shall not be held liable for any errors, omissions or for damages of any kind.

Please delete this first page prior to adoption/use of this policy

[High School Name]'s Policy for Preventing Running-Related Motor Vehicle Crash Deaths During Organized Practices

While many athletes may complete running and cardiovascular training runs during organized practice for various sports, in order to avoid fatal motor vehicle related injuries, the following policies are required for any coach prior to allowing athletes to leave school property to complete these runs.

It is recommended that the coach and athletes come up with a list of common routes and running options so these routes can be pre-approved by the coach and will improve communication and clarification of the route runners will be using. It may be prudent to identify low traffic (neighborhoods) or no traffic (paved bike paths/trails) options for runners.

The following policies should be communicated from the coach to the athletes prior to the start of any season or runs off campus that are planned on roads intended for cars. It should be verified that every athlete has received these instructions. A reminder should be provided halfway through the season or when there is an incident of any athlete not abiding by these policies:

- Athletes should complete shorter runs (warm up/cool down runs) on school grounds when possible
- Athletes need to follow the rules of the road (stop at intersections, follow traffic lights etc)
- Athletes should always run in groups of 2 or more
 - When space is limited runners should run in single file along road to avoid entering road
- Athletes are never allowed to run on or cross highways
 - Athletes should run on slower road speed roads and areas
- Athletes should always run on sidewalks, when available
- Athletes should always run on the left side of the road, so that they face oncoming traffic
 - Exception: If a sidewalk is not available on the left side of the road, but is available on the right side – it is preferred that they run on the sidewalk
- Athletes are not permitted to wear headphones or listen to music when running on roads or off school grounds
- Athletes should only cross roads at cross walks available at intersections
 - If no cross walks are available, be sure to cross in a well-lit location that has good sightlines for cars to see them
 - Runners should never run against traffic lights and only cross in the direction of a green light
- Athletes should avoid running when it is dark or when sunlight can cause driving hazards (i.e. at sunrise/sunset). If it is dark – athletes need to wear bright reflective material (preferably on arms/legs/head) and/or use a flash light
- Athlete should avoid loitering along the road before and after runs

When leaving campus athletes need to:

- Inform a coach who is running in the group and where they plan to go
- Inform the coach of how long they believe they will be gone

- Inform the coach of the runners will be taking cell phones with them
- Be sure that both the coach and athletes have shared their cell phone numbers with each other and at least one athlete carries their phone with them within each running group
- Notify the coach when they are done