



Cross-Country *New Safety Changes This Year*



To all our cross-country athletes and spectators,

Our district is one of the largest growing in the province and we are making changes to accommodate the significant increase in athletes we are seeing at our events. **These changes to the layout of cross-country are to provide the safest environment for all athletes.** There is a **map attached** to highlight the new designated areas. Things to note:

1. There is a **team home base** location where coaches will display a wooden sign for each school. Parents or guardians should drop off their child with the coach and **quickly proceed to the spectator area.**
2. **THE NEW SPECTATOR AREA (see map)** will be **on the grass**, along the treed end of the soccer fields.
3. **THE PLAYGROUND IS OFF LIMITS.**
4. **SPECTATORS MUST REMAIN BEHIND THE FLAGGED BARRIERS AND CONES.**
 - . No spectators will be permitted on the road/concrete areas.
 - . No spectators near the baseball diamonds or along the interior of the running course.
 - . This will mean that the **gazebo and playground** are no longer available for use before or during the event.
5. Only **officials wearing the designated pinnies** will be allowed in the red area of the map attached.
6. After your child completes their race, they will return to their coach at the **team home base** where you can sign them out **with their team coach** and check out their ribbon of achievement.
7. **Parking** for spectators and runners will **only** be in the lots near the Q Centre and near JDF Recreation Centre. If your family requires a parking accommodation in the Q Centre lot closest to the course due to a mobility concern (e.g., wheel chair, crutches, etc.), let your coach know by September 19th so that we can make arrangements for you.
8. **The road leading to the baseball diamonds will be closed for the course. Spectators and athletes will be asked to walk along the grass to their team home base.**

Thank you for your patience and support in helping make these adjustments go smoothly for all.

New changes:

1. Drop runner at team sign with coach

2. Find spectator spot on grass of soccer field area

3. NO SPECTATORS ON CONCRETE OR OTHER SIDE OF BASEBALL DIAMONDS

4. Sign out runner with coach at team sign

* park is off limits

* only coaches bring runner to start area

* only officials in pinnies beyond spectator area

spectator area

**OFFICIALS ONLY IN
RED ZONE**

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