



SNOHOMISH SCHOOL DISTRICT NO. 201

CONSENT/CLEARANCE FORM

CROSS COUNTRY/TRACK USE OF CENTENNIAL TRAIL

Student Name: _____

Activity: Centennial Trail Run during Cross Country and/or Track seasons

Staff member in charge: CMS Cross Country/Track Coaches

**PERMISSION TO LEAVE CMS DURING CROSS COUNTRY/TRACK PRACTICE TO USE
THE CENTENNIAL TRAIL**

We will conduct training runs on the Centennial Trail. During a run, we will cross the Machias Road at least twice using the cross-walk in front of the school. Our athletes will follow the rules below while on the trail:

- 1.) They will stay to the right side on the Trail and be courteous of others using the Trail.
- 2.) They must have an adult or coach at any crossing of the Machias and Dubuque Roads.
- 3.) They will be polite and supportive of others and **always** stay with a partner.
- 4.) Athletes will keep moving on training runs. If injured, athlete will seek attention from the nearest coach.
- 5.) Athletes will display appropriate school behavior and stay on the Trail until returning to the school.

These rules should ensure safe training runs and allow our athletes to better condition themselves. This form **must be completed** and returned to Debbie Smith, Administrative Assistant to Athletics at Centennial Middle School.

Parent Signature

Athlete Name

Date