

WAKEMED SOCCER PARK
GUIDELINES FOR CROSS COUNTRY USAGE

1. Teams practicing and or running meets on the WakeMed Soccer Park Cross Country course are responsible for walking the course before practice or meets begin to look for any potential hazards on the course that may have occurred since group's previous use. Hazards are to be reported to the WakeMed Soccer Park staff. If said hazards cannot be removed safely by the group, (small fallen limbs, rocks, etc.) the group should not use that section of the course during its practice session. If it is during a meet, park staff will have the hazard removed if applicable.
2. Use of spray or other types of paint for course markings is prohibited. Course directional and distance markings should be made of signage that can be placed on a stake and placed in the ground. This course signage must be removed immediately after the conclusion of each practice or meet.
3. Flagging tape and cones are recommended as barriers for course areas that runners need to avoid. Said flagging tape and cones must be removed immediately after the conclusion of each practice or meet. Groups that do not remove flagging tape from the course may be prohibited from further use of the course.
4. Teams are responsible for cleaning up all trash including food, drink bottles, paper cups, ankle tape, etc. Teams and meet directors are also responsible for checking to make sure bathrooms are not being abused during meets and practices. If excessive clean up is required, a cleaning fee will be charged to the group in charge.
5. Meet Directors must keep spectators from standing in landscaped areas along the course.
6. The course will be open to general public use during team practices. However, for race meets, the management staff will close the course to general public use.
7. Parking on any sidewalk area is prohibited. This especially applies to the sidewalk area near Field 4 on the entrance driveway.