

**Rules for Traveling with the Herriman Cross Country Team:**

1. Follow all chaperone instructions at all times.
2. Be on your best behavior at all times.
3. Know where you are supposed to be and stay there.
4. Do not leave your hotel room for any reason after the “lights out” time! No exceptions!
5. No boys or girls in each others rooms at any time!
6. Athletes may not leave the hotel grounds without a chaperone at any time!
7. No foul language at any time!
8. Be aware of how your actions are being interpreted by those around you.
9. Be quiet and respectful at all times at the hotel, restaurants, venue, etc.
10. If you have any need, communicate them immediately to chaperones.
11. No boyfriend or girlfriend activity of any kind is allowed.
12. If you are feeling ill, communicate that immediately to chaperones.
13. Have a positive attitude, even in the face of adversity.
14. Athletes are to remain in assigned groupings during the trip. No one is to be alone.
15. If flying, follow all rules and instructions for air travel and airport time.

Travel is a privilege, not a right. Be on your best behavior and you will stay eligible to travel with the team in the future. The rules are here to keep you safe.

**I understand that breaking any of the above rules can lead to suspension/removal from the Herriman Cross Country team and I take full responsibility for my actions on this trip:**

Athlete Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_