



**Department of Athletics
Recreational Athletics Office**

**Club Sports Program
Travel Safety Guidelines**

1. Passengers/drivers are to wear seat belts at all times.
2. Recommended to avoid driving between 12AM-6AM
3. Have knowledge of weather. Call ahead to destination & make a safe decision regarding travel.
4. Have a cell phone, but do not use cell phone while driving.
5. No texting while driving
6. No alcohol or drugs while driving or in the car.
7. Only valid club participants, coaches or instructors in vehicles during all club related travel.
8. Avoid driving distractions- keep eyes & focus on the road.
9. Headlights- should be on ½ hour before sunset & after sunrise
10. Headlights during reduced visibility- rain, fog, snow
11. Headlights must be on if windshield wipers on
12. Maps-know where you are going
13. Reduce speed to weather conditions
14. Turn signals
15. Caution when backing up
16. Turn off ignition, remove key & lock vehicle when unattended
17. Allow plenty of time for contingency when planning time to arrive at your destination.
18. Drivers should be well rested. It is recommended that someone awake sit in front seat next to driver to observe driver. It is recommended that rest stops be taken every three hours.
19. Restrict driving to no more than 600 miles or 12 hours total in any one day.
20. Develop an emergency action plan (EAP) in case an accident occurs while traveling or an injury occurs during a contest that requires hospitalization. *See RSO for help in developing an EAP for your club.*
21. Call Sport Club Administrator for ANY emergency or problem on the road. Leave message if needed.

Dan Simmons, Sport Club Administrator
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