



Cross Country Rules and Regulations

Below is a list of rules and regulations that apply to all cross-country meets or practices within Summit Metro Parks. These guidelines are established for the safety of the cross-country runners, the general park visitors, and to ensure the protection of our facilities. If a group does not comply with these rules, or any other established park rules, their Special-Use Permit may be revoked. In addition, the group will not be permitted to use Summit Metro Parks facilities. Please read these rules and guidelines, and give each group associated with the event a copy.

1. **A Special-Use Permit is required for all practices, meets, or other organized activities. This form can be found at www.summitmetroparks.org. This form should be filled out at least four weeks in advance.** Your permit will require that you have liability insurance with a minimum amount of one million dollars naming Summit Metro Parks as the certificate holder during the date of your event. A copy of your certificate of liability insurance must be in our files before any group activities may occur in the park.
2. For any cross-country activity expecting 50 or more people, emergency medical services must be provided.
3. One main restroom facility is available year round. Portable restrooms will be onsite during peak running season September 1 through October 31. For events expecting 750 or more people, you must provide one additional restroom. For events over 1,000 or more people, you must provide two additional restrooms. For any event outside of peak running season, the host group must provide portable restrooms.
4. Please note that there is no drinking water on site. There are electrical outlets along the path to the finish line.
5. The asphalt parking lot holds 50 cars plus 8 handicap vehicles. During meets, the asphalt lot is used for bus parking only (16 busses) and handicap parking. Bus parking will reduce the number of parking stalls for cars from 50 to 20. The overflow parking lot on Medina Line Rd., north of the course, is used for spectators. The overflow will hold about 250 cars.
6. Large events will need to coordinate a shuttle service and arrange for off-site parking either at Wadsworth High School or Silver Creek Metro Park.
7. Vehicles dropping off items from the gravel service drives must remain on the gravel. No parking or driving on the grass. A utility vehicle may be permitted on service drives and on the course when weather permits. Turf tires preferred.
8. Temporary course markings such as chalk or flags may be used. Flags or signs must be removed after your event.
9. Please do not allow your group to warm up and stretch in the parking lots.
10. All tents must be staked down.
11. Prior to any cross-country meet at the Silver Creek Cross-country Course, event details must be reviewed with the Park Manager over the phone.