



Each year we have many brand new coaches in the sport of Cross Country in our AIA Membership schools. You will find a compilation of useful tips, courses, and links. Please use them and share with others!

NFHS Course Links:

[Coaching Cross Country Course](#)

[Heat Illness Prevention Course](#)

NFHS Rules:

<https://nfhs.org/sports/cross-country/rules>

NFHS Resources (setting up the finish corral, uniform rule, etc.)

<https://nfhs.org/sports/cross-country/resources>

Safety:

How to be a Successful Guide Runner: [NFHS](#)

<https://assets.nfhs.org/umbraco/media/7212244/tips-for-safer-running-along-the-roadside.pdf>

Always reach out with any questions, comments, and/or concerns!

Mary Wimmer

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