

**Individual Train Detection (ITD)  
Statement of On Track Safety**

**Name** \_\_\_\_\_

**Railroad** \_\_\_\_\_

**Line / Yard** \_\_\_\_\_

**Location** \_\_\_\_\_

**Tracks** \_\_\_\_\_

**Place of Safety** \_\_\_\_\_

**Start Date & Time** \_\_\_\_\_

**End Date & Time** \_\_\_\_\_

Speed & Distance Used (Mark Box)	Maximum Speed (MPH)	Minimum Sight Distance (Feet)
	5	110
	10	220
	15	330
	20	440
	25	550
	30	660
	35	770
	40	880
	45	990
	50	1100
	55	1210
	60	1320

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- Instructions:**
1. Fill in your name, railroad, and line or yard name where you will be working .
  2. Indicate the milepost or physical characteristic location and names of tracks to be fouled.
  3. Designate your place of safety (must not be another track).
  4. Place an "X" in the box next to the maximum authorized speed and determine the minimum sight distance required to clear 15 seconds prior to the arrival of a train.
  5. Record the time you start work and the time when you clear the track.
  6. This form must be retained for 7 days for inspection by your supervisor or by a representative of the FRA.