

Casa Harriers Cross Country Running Club Release Form

All pages must be printed out, **initialed/signed** by the parent or guardian and returned to Mr. Lynch or classroom teacher in order for the student to participate. Parents of students who seek to participate in the Casa Harriers Cross Country Running Club must sign this form and are deemed thereafter to have waived all claims against Casa Esperanza Montessori Charter School, its employees, and its agents for any injury, accident, or illness occurring during or by reason of participation in the club.

Initial EACH of the following to show you understand and consent:

_____ 1. I understand that my child will be supervised while at cross country practice; however, **I understand that I may NOT drop my child off at Spring Forest Park until Mr. Lynch is present and ready to begin practice.** I understand that I must **sign my child in** at the start of practice and **sign my child out** at the end of practice. I understand that by signing my child in, I agree that my child is going to participate in the group workout to the best of his/her ability.

_____ 2. I understand that running is a sport, and inherit in all sport is risk. Physical reactions to exercise may include heat-related illnesses, abnormal heartbeats and blood pressure, and, in very rare instances, heart attacks. Runners can also sustain injuries such as broken bones, abrasions, tendon or muscle tears, cramps, or, in the event of a fall, concussion. I understand that in a rare instance, my child might encounter an unfriendly animal while running and could sustain animal scratches or animal bites.

_____ 3. I understand that photos may be taken of participants while training and/or during the culminating event and published (without names) on the Casa website, and in Casa newsletters.

_____ 4. I understand that my child will be walking and/or running at Spring Forest Road Park, which is a public space and part of the Raleigh Parks and Recreation system. I understand that while on the greenway, my child might be exposed to/encounter the following: ticks, mosquitoes, other insects, venomous snakes, stray and domestic dogs, small wild animals, poison ivy, and people who are not associated with Casa Esperanza. **I understand that my child must wear a Casa Harrier shirt or a Casa school uniform color shirt while at practice to easily identify my child as part of the group.**

_____ 5. I understand that Mr. Lynch will carry a cell phone in case of emergency; however, I understand that parents cannot call Mr. Lynch during practice except in the event of an extreme emergency. I understand that once my child departs for a run on the greenway, s/he is "unreachable" by the parent until his/her return.

_____ 6. I understand that participation in the Casa Harriers Cross Country Club is a privilege, not a right, and participation is reserved for students who follow the rules set forth by Mr. Lynch. Students who resist following the rules may be taken off the team at Mr. Lynch's discretion.

_____ 7. I understand that the first two student rules set by Mr. Lynch are that **1.** Every student must at all times stay on the assigned trail and within seeing distance of Mr. Lynch. **2.** A student is never at any time allowed to wear a device that impedes hearing, such as an iPod, MP3 player, Bluetooth headset, or the like. I understand that if my child violates either of these rules, s/he will be asked to leave the team immediately upon the end of practice that day.

_____ 8. I understand that the Casa Harriers Cross Country Club is meant to nurture love for running and teamwork in a social, supportive, and non-competitive atmosphere. I understand that rudeness, uncooperativeness, discouragement, sarcasm, bullying, and/or teasing will not be tolerated and are causes for dismissal from the club.

_____ 9. I understand that in some instances, practice might be cancelled. In the event of a cancellation during practice, I will come pick my child up from Spring Forest Road Park promptly. If practice is cancelled before 3:30 pm I will make arrangements to pick my child up at school. Notification of cancellation will be sent out through emails and a group text (if signed up for).

_____ 10. Serious health risks are rare. While Mr. Lynch takes all reasonable precautions, he can make no guarantees regarding these or other health risks. I agree that I do not hold Casa Esperanza Montessori Charter School or any of its agents or coaches liable for any damages or injury due to participation in the cross country running club.

I have read this form and understand that there are inherent risks associated with physical activity. To the best of my knowledge, there are no contraindications to my child's participation in the Casa Harriers Cross Country Club.

My signature below indicates that I give permission for my child to participate in this program, including all the above initialed releases. I also agree to complete the Cross Country Physical form and the Physician's form. There needs to be at least one signature from a parent or guardian:

Print father's name: _____ Signature: _____ Date: _____

Print mother's name: _____ Signature: _____ Date: _____

Student's name: _____ Grade: _____

Classroom Number: _____ Classroom Teacher Name: _____

Phone/Cell numbers where you or emergency contacts can be reached during practice times: _____

Email address: _____

Known bee sting allergy? Yes No

Asthma? Yes No Inhaler? Yes No

*Don't forget your physician's form and detailed health history. Those two pages are separate.

Attached is my \$5.00 Cross Country Club Fee (circle which)

Cash Check: payable to CEMCS (memo: XC)