



PARTICIPANT HEALTH FORM AND CONSENT FORM

Site Name*:

Participant Information:

Participant Name*:	Date of Birth*:		
Email address:	Primary Phone#:		
Participant's T-shirt Size (circle one): YM (10-12) YL (14-16) Adult S Adult M Adult L Adult XL			
Home Address*:	City:	State:	Zip:
Participant's Grade*:	How many season participated in GOTR:	Race/Ethnicity:	
Parent/Guardian Name*:	Primary Phone#:	Secondary Phone#:	
Email address:			

Names of Emergency Contacts and Authorized Individuals (contacted only after efforts to reach parent/guardian fail). Add additional names and contact information on back or on a separate sheet.

Contact #1*:	Primary Phone# *:	Secondary Phone#:
Relation to Participant:	Email:	
Contact #2:	Primary Phone#:	Secondary Phone#:
Relation to Participant:	Email:	

How should your child be released after Girls on the Run? (Select one) Picked up by Parent/Guardian or Authorized Individual
 Attending school (AM teams only) Attending an on-site after school program (PM teams) Getting on an activity/school bus
 Walking or riding a bicycle Other Transportation (include transportation name in list of Authorized Individuals, above)

Allergies/Medications:

Allergies (please list any/all allergies participant has experienced or enter "none"):
Medications (please list any/all medications participant is currently taking or enter "none"):
Any special physical or medical conditions student has (please describe or enter "none"):

Insurance Information:

Is participant covered by insurance? * <input type="checkbox"/> YES <input type="checkbox"/> NO

Text Notification:

Girls on the Run would like to send text messages that will allow you to receive important program and 5K updates, including emergency messages prior to the 5K. Message and data rates may apply. When you receive a SMS/Text Message you can reply STOP to unsubscribe at any time. Please note, this may prevent you from receiving important notifications in the future. Girls on the Run will respect the confidentiality of information you provide pursuant to the Girls on the Run privacy policy. You can change your contact information by emailing us at any time.

I understand and agree to receive text message from Girls on the Run? * <input type="checkbox"/> YES <input type="checkbox"/> NO Phone#:
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I have fully read the permissions and releases printed on the back of this document, understand them, and I expressly agree to them. I hereby certify that there are no contraindications to the Participant's participation in the Girls on the Run program. I am the parent or legal guardian of the Participant, and this permission and release is binding on me and my executor, administrators and heirs.

Guardian Name (please print): _____

Guardian Signature: _____ Date: _____



I am the parent or legal guardian of _____, a minor ("Participant"). I agree that the Participant may participate in the Girls on the Run® program. The purpose of the program is to increase the Participant's activity/fitness level and self-esteem while at the same time teaching life skills that will be beneficial to the Participant as she enters middle school/adolescence. I understand that during the program, the Participant will be involved in outdoor physical activities. Physical reactions to exercise may include heat-related illness, abnormal heartbeats and blood pressure and, in rare instances, events such as heart attacks. While Girls on the Run takes all reasonable precautions, we can make no guarantees regarding these and other risks. Recognizing the risks of the program, and in consideration for allowing the Participant to participate in the program, I hereby release, discharge and agree to hold harmless, and to indemnify each of the Girls on the Run council conducting the Girls on the Run® program for Participant and Girls on the Run International, their owners, directors, affiliates, officers, contributors, sponsors, employees, contractors, agents and assigns against and from any and all causes of action, claims, demands, damages, costs, loss of services, expenses, compensation, consequential damages and attorneys' fees (regardless whether pursuant to the laws of any county, state or country) claimed by, through or on behalf of me or the Participant related directly or indirectly to the program (including without limitation the 5k race), and specifically including any and all claims for personal injuries sustained while participating in program activities without regard to negligence or negligent conditions.

In addition, I hereby authorize Girls on the Run, if after a reasonable attempt has been made to reach a parent, guardian or emergency contact to obtain consent, or if sound medical practice decrees that there is not time to make such an attempt, to consent to any x-ray examination, anesthetic, dental, medical or surgical diagnosis or treatment, and hospital care, to be rendered to the Participant under the general or special supervision and on the advice of any physician or surgeon who may treat the Participant, and consent to any x-ray examination, anesthetic, dental, medical or surgical diagnosis or treatment and hospital care, to be rendered to the Participant by any health care professional who may treat the Participant. I agree to pay for any such treatment and to reimburse Girls on the Run for all costs and expenses it may incur related to such treatment.

I hereby grant Girls on the Run®, its National Title Sponsors, its National Sponsors, and all assigns, licensees, successors in interest, legal representatives, employees, consultants, and those acting with permission or authority of the aforementioned parties, the absolute, irrevocable and unrestricted right to use photographs, video likenesses and audio recordings (including without limitation all originals, negatives, prints and transparencies or any duplicates or reproductions of the foregoing) that have been or will be taken of the Participant (collectively, "Images"), in which the Participant may be included with others, to copyright the same, in the name of Girls on the Run or otherwise; to use, re-use, publish and republish the same in whole or in part, individually or in conjunction with other photographs and videos, and in conjunction with any printed matter, in any and all media now and hereafter known, and for any purpose whatsoever; and to use my name in connection herewith.

I hereby release and agree to hold harmless Girls on the Run and all aforementioned entities, from any damages or liability relating to or arising from any use of or modification, alteration, distortion or other change to any of the Images and/or information gathered, unless it can be proven that such reproduction were maliciously caused, produced and published for the sole purpose of subjecting Participant to conspicuous ridicule, scandal, reproach, scorn and indignity. I hereby waive any claims I may have based on any usage of the Images, information gathered, or works derived thereof, including but not limited to claims for either invasion of privacy or libel. I represent, warrant and agree that the Participant will not disaffirm or disavow this release on the ground that the Participant was a minor on the date it is executed or any similar grounds whatsoever.

I understand that my daughter may complete a confidential survey at the beginning and conclusion of the program. The survey assesses thoughts, feelings, and behaviors related to physical activity, self, and peers. This information will enable councils to determine whether improvements have occurred over the course of the season. No names will be included on the surveys; rather, a code number will be assigned to each girl that will only be known by council contacts. Registration and survey information is shared with Girls on the Run International.

From time to time, Girls on the Run sponsors may provide products or offer services to participants. I understand that Participant may receive products or service offerings from sponsors of Girls on the Run, and consent to their provision and Participant's receipt thereof.

I expressly agree that this consent is intended to be as broad and inclusive a release of liability as permitted by applicable law and that if any provision thereof is held invalid, it is agreed that the remaining provisions shall, notwithstanding, continue in full legal force and effect. I hereby warrant and represent that I am 18 years old or older; I have carefully read this consent and agree to its terms and conditions, that before signing this agreement I had the chance to ask questions; and I am aware that by signing this consent, I assume all risks and waive and release certain substantial rights that I and Participant may have or possess against Girls on the Run council conducting the Girls on the Run® program for Participant and Girls on the Run International. To the extent permitted by applicable law, I hereby irrevocably and unconditionally waive trial by jury in any legal action or proceeding related to this agreement.



Girls on the Run Parent/Guardian

Assumption of Risk, Covenant not to Sue, and Release and Waiver of Liability for Program Transportation, Release, and Pick-Up

This is a legally binding ASSUMPTION OF RISK, COVENANT NOT TO SUE, AGREEMENT TO INDEMNIFY, AND RELEASE AND WAIVER OF LIABILITY FOR PROGRAM TRANSPORTATION, RELEASE, AND PICK-UP ("Agreement") made by me in favor of each of the Girls on the Run councils conducting the Girls on the Run® ("GOTR") program; and Girls on the Run International; and their owners, directors, affiliates, officers, contributors, sponsors, employees, contractors, agents, volunteers, and assigns.

I am the parent or legal Guardian of _____, a minor ("Participant"). I agree that the Participant may participate in the GOTR program. I understand and acknowledge that the Participant's participation in the GOTR program is voluntary. In consideration for GOTR allowing the Participant to participate in the GOTR program, I hereby covenant and agree as follows:

I have read, understand, and agree with GOTR's Pick-Up and Release Policy - Guardian Communication. Specifically, I agree that I am responsible for arranging/providing for the Participant's transportation to and from all GOTR lessons and events in accordance with the terms of GOTR's Pick-Up and Release Policy - Guardian Communication.

On behalf of myself and my family, heirs, and personal representatives, I hereby accept and assume all risks (both foreseeable and unforeseeable and including, but not limited to, injury, damage to property, and death) arising out of or related to the release and pick-up of the Participant from GOTR lessons and events and the transportation of the Participant to and from GOTR lessons and events, including without limitation parking lot shuttles, and hereby assume all responsibility for all losses, costs, and/or damages related to such transportation even if caused, in whole or in part, by the negligence of GOTR or its employees or agents. Additionally, on behalf of myself and my family, heirs, and personal representatives, I hereby release, discharge, and covenant not to sue each of the Girls on the Run councils conducting the Girls on the Run® program; and Girls on the Run International; and their owners, directors, affiliates, officers, contributors, sponsors, employees, contractors, agents, volunteers, and assigns to the fullest extent permitted by law from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of or related to the release and pick-up of the Participant from GOTR lessons and events and the transportation of the Participant to and from GOTR lessons and events, including without limitation parking lot shuttles, even if caused, in whole or in part, by the negligence of GOTR or its employees or agents.

This Agreement shall be construed in accordance with the laws of the state of North Carolina, which shall be the forum for any lawsuits filed in connection with or pursuant to this Agreement. The terms of this Agreement shall be severable such that if a court of competent jurisdiction holds any term to be illegal or unenforceable, the validity of the remaining portions of this Agreement shall not be affected thereby and shall still be enforceable to the extent permitted by applicable law. By entering into this Agreement, I am not relying on any oral or written representation or statements other than what is expressly set forth in this Agreement. I am fully competent to read and understand this Agreement, have carefully and thoroughly read it, fully understand its contents, and sign it of my own free will.

Signature of Parent or Guardian

Date

Printed name of parent/Guardian **AND** contact number



Attendance / Absentee Policy

I understand that my GOTR participant must be able to commit to **both practice days for the entire practice**. Due to the importance of group dynamic and experiential learning process of the Girls on the Run curriculum, girls who are absent for more than four (4) practices or leave early on a regular basis will no longer be eligible to participate.

Parent/Guardian Initials: _____

Late pick-up Policy

I understand our coaches volunteer over 40 hours of their time to lead the Girls on the Run/ Heart & Sole teams. I will respect our coaches by picking up my child(ren) on time. Pick-up is considered late if it occurs more than **10 minutes** after the end of the session. The third instance of tardiness, involving the same child(ren), will result in your child(ren) being withdrawn from the program.

Parent/Guardian Initials: _____

Respectful Behavior Policy

Girls are expected to behave in a way that permits the coaches to carry out the day's scheduled activities. Girls who are continually disruptive in a way that prevents the rest of the group from experiencing the benefits of the program may be asked to leave for the rest of the season. A child who engages in behavior that threatens the health or welfare of other participants or coaches will be released from the program for the remainder of the season. Threatening behavior may include but is not limited to: actual or threatened physical injury, emotional mistreatment, using any item in a dangerous way, or any other activity determined by a coach or administrator to be threatening of another person's health or well-being. Girls on the Run, its coaches, and administrators reserve the right to remove from participation any child who for any reason does not fit the mission and goals of the organization.

Parent/Guardian Initials: _____

Youth Development Program

I understand that Girls on the Run is a youth development program that includes more than running and each practice will also include running based games, activities and discussion. Training for the end of season 5K is an important component, as is the curriculum that the coaches deliver.

Parent/Guardian Initials: _____

Refunds / Cancellations

Girls on the Run of Polk County will refund the registration fee (minus \$10 service charge) if requested prior to the 4th lesson of a Girls on the Run program. No refunds will be issued for any terminations after the 4th lesson. In the event that an unforeseen illness or health issue arises after the 4th lesson, such instances will be handled on a case by case basis. If a site is canceled due to insufficient registration or other circumstances deemed appropriate by Girls on the Run of Polk County, the full registration fee will be refunded.

Parent/Guardian Initials: _____



Registration Fee/Scholarship

Girls on the Run is committed to ensuring ALL girls are able to participate in the program, regardless of ability to pay the full registration fee.

Registration for the program includes:

- 20 lessons (twice per week for 10 weeks) led by trained GOTR Coaches
- All program materials and handouts
- An official Girls on the Run T-Shirt
- A water bottle
- Registration for the Girls on the Run 5K Celebration presented by EMC Insurance
- A healthy snack at every practice
- Empowering lessons to last a lifetime!

Registration fees are based on eligibility for Free and Reduced Lunch/Milk programs.

Select the registration fee for which your child qualifies.

Full registration: \$150 Reduced lunch: \$75 Free lunch: \$25

Girls on the Run will never turn a girl away. If you need scholarship beyond the fees listed above please contact Christa Vander Leest at christa.vanderleest@girlsontherun.org or 515.224.9901 x251

Please submit payment with this registration form (cash/check/money order). Make check/money order payable to Girls on the Run of Central Iowa and include your child's name in memo line.

NEW LOTTERY SYSTEM

Due to high-demand, registration will be based on a lottery system (not first-come, first-served) where participants will be randomly selected for the program.

Once you have completed the paper registration and returned to the form to the appropriate contact, your registration will be submitted online and you will receive a confirmation email. This email does not guarantee you a spot in the program; it confirms that your lottery registration has been received.

After registration closes you will be notified by email of your registration status. We will run the lottery for the program on August 9. Registrants will be notified via email on August 9 as to their status.

Registration fees for girls not selected for the team will be returned.

Thanks to these local sponsors whose support makes Girls on the Run possible!

