



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 Adult XXL Adult 3XL
If needed, my child will join virtual session via)select all that may apply): phone call Internet-connect device
I understand if there is a need to transfer to virtual lessons I will not receive a refund. Yes I agree Parent/Guardian Initials:
Home Address: City: State: Zip:
Participant's Grade: How many season participated in GOTR: Race/Ethnicity:

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"):
Due to a physical, intellectual, and/or sensory disability, does your child use an assistive device, need any accommodations, or is there anything else of which we need to be aware to help ensure a positive experience?
No Yes please provide information we should know for a successful season

How should your child be released after Girls on the Run? (Select one) Picked up by Parent/Guardian or Authorized Individual
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, below)

Contact Information:

Parent/Guardian: Primary Phone#: Secondary Phone#:
Email: Relation to Participant:
Emergency Contact: Primary Phone#: Secondary Phone#:
Email: Relation to Participant:
Additional Authorized Individuals for pick-up: Primary Phone#:

Insurance Information:

Is participant covered by insurance? YES 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? YES NO Phone#:

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:

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 cannot sign up and plan to attend once a week.

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 Central Iowa, the full registration fee will be refunded.

Parent/Guardian Initials: _____



In Person and Virtual Girls on the Run Program Waiver, 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 PARTICIPATION, PROGRAM TRANSPORTATION, RELEASE, AND PICK-UP (“**Agreement**”) made by me in favor of each of the Girls on the Run councils conducting the **in person and / or virtual 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.

Consent to participate in the program. I am the parent or legal guardian of the registered, 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. 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 safety precautions, we can make no guarantees regarding these and other risks such as contracting known or unknown viruses.** I hereby certify that there are no contraindications to the Participant’s involvement in the Girls on the Run program. In consideration for GOTR allowing the Participant to participate in the GOTR program, I hereby covenant and agree as follows:

Release of liability. 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 councils conducting the GOTR 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 in person or virtual 5k race and contracting known or unknown viruses**), and specifically including any and all claims for personal injuries sustained while participating in program activities without regard to negligence or negligent conditions. 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 GOTR 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.

Consent to emergency treatment. I hereby authorize Girls on the Run, if after a reasonable attempt has been made to reach a parent, guardian, emergency contact or authorized individual 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.

Photo Release. I hereby grant GOTR 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.

Consent to use participant's name with autogenerated fundraisers. I understand that an optional online fundraiser will be created as part of this program registration. For friends and family to easily find the participant's online fundraiser on our website, the name of the online fundraiser and the URL address associated with the fundraiser uses the participant's first and last name. If I would like to change the name of the fundraiser or the fundraiser URL—or if I would like the fundraiser deleted entirely—I will contact the council directly.

Consent to participate in a survey. 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.

Consent to receive gifts from sponsors. 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.

Guardian responsible for transportation of participant. 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.

Governing law and severability. 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.

Acknowledgement. I hereby warrant and represent that I am the parent or legal guardian of the Participant and 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 GOTR program for Participant and Girls on the Run International. This permission and release is binding on me and my executor, administrators and heirs. 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. and 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.

Signature of Parent or Guardian

Date

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



GIRLS ON THE RUN 5K EVENT WAIVER

I hereby agree to participate in the Girls on the Run® 5k Event (or a virtual 5k if the program moves online) (5k event) as a volunteer/runner/spectator. 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 such as contracting known and unknown viruses.** Recognizing the risks of the 5k event, and in consideration for allowing participation in the 5k event, 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 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, all 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 related directly or indirectly to the 5k event, and specifically including any and all claims for personal injuries sustained while participating in the 5k event 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 me under the general or special supervision and on the advice of any physician or surgeon who may treat me, and consent to any x-ray examination, anesthetic, dental, medical or surgical diagnosis or treatment and hospital care, to be rendered to me by any health care professional who may treat me. 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, videos 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 me (collectively, “Images”), in which I 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 me 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.

From time to time, Girls on the Run sponsors may provide products or offer services to participants. I understand that I may receive products or service offerings from sponsors of Girls on the Run, and consent to their provision and my 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 or have my parents’ consent if I am a junior coach; 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 may have or possess against Girls on the Run council conducting the Girls on the Run program 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.

Signature of Parent or Guardian

Date

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