

## **CROSS-COUNTRY RUNNING – CONSENT AND WAIVER FORM**

Welcome to the 2019-20 School Cross-Country Season. While participating in a school club or team enriches the school year and benefits student health and wellness, there can be risks when participating in cross-country running. Unlike the controlled environment of a school gymnasium or even a running track, cross-country running takes place in parks and forested areas which inherently have some uncontrolled risk. Trails are marked and surveyed for possible risks before students access these areas. Please see further information below regarding potential risk and student expectations.

**In addition to completing this consent and waiver form, parents/guardians and students will be required to complete School District Field Trip permission forms for off-site events.**

Although students will be supervised during cross-country events, the individual discretion of the student will be relied upon to follow all instructions from staff and event organizers. Every reasonable precaution will be taken to ensure the safety of students.

School Name: \_\_\_\_\_

**In consideration of School District No. 61 offering my child, \_\_\_\_\_, an opportunity to participate in Cross-Country Running, I waive any and all claims I may have against, and release from all liability and agree not to sue The Board of Trustees of School District No. 61 and its officers, employees, agents, volunteers and representatives, and the Ministry of Education for any personal injury, death, property damage or loss sustained as a result of my child's participation in the field trip, arising out of any cause whatsoever, including negligence.**

\_\_\_\_\_ Initial

**I hereby give my consent, and acknowledge by my signature that:**

My child has no illnesses, allergies or needs that may require additional attention, except as described here:

\_\_\_\_\_ Initial

I am aware of the usual risks and dangers inherent in participation in all of the activities associated with cross-country running, and of the possibility of personal injury, death, property damage or loss resulting from the activities. The dangers and risks may include, but are not limited to:

Program locations

Encounters with animals and wildlife

Rugged terrain

Slips or falls and terrain hazards

Tree or rock falls

Weather (heat, cold, rain, hypothermia)

Injuries (cuts and bruises, strained or sprained joints, broken bones, spinal cord injuries, head trauma, etc.)

Delayed rescue, accessibility

Conduct of other competitors or group members

The possibility that your child may not heed safety instructions or restrictions given to the group

\_\_\_\_\_ Initial

**I will supply suitable equipment and clothing for my child's participation in all activities associated with cross-country running practices and events, including:**

I am aware that I should contact the school for further information if I am unaware what clothing and equipment is required for the activities or possible weather conditions of the event or field trip. My child and I understand that it is our responsibility to ensure my child has all necessary equipment and clothing.

\_\_\_\_\_ Initial

My child and I understand that the school's Code of Conduct applies during all cross country practices and events. I will be responsible for any costs caused by my child's failure to abide by the Code of Conduct, including any costs to send my child home.

\_\_\_\_\_ Initial

Accidents can be the result of the nature of the activity and can occur with or without any fault on either the part of the student, or the school board or its employees or agents, or the facility where the activity is taking place. By allowing your child to participate in this activity, you are accepting the risk of an accident occurring, and agree that this activity, as described above, is suitable for your child.

\_\_\_\_\_ Initial

In signing this Consent and Waiver, I am not relying on any oral or written representation or statements made by the School Board and its servants, agents, employees, or authorized volunteers, or the Ministry of Education, to induce me to permit my child to take the trip, other than those set out in this Consent and Waiver.

\_\_\_\_\_ Initial

*I have read and understand the terms of this consent and waiver. I give permission for my child/student under my care, to participate in the School Cross-Country Running Team and events.*

\_\_\_\_\_  
Name of Student

\_\_\_\_\_  
Name of Parent/Guardian

\_\_\_\_\_  
Signature Date

\_\_\_\_\_  
Signature of Parent/Guardian