



PARTICIPANT HEALTH FORM AND CONSENT FORM

Council Name:
Site Location:

Participant Information:

Participant Name:	Date of Birth:	
Home Address:		
City:	State:	Zip:
Mother's/Guardian's Name:	Work Phone:	Mobile Phone:
Mother's Work Address:		
Father's/Guardian's Name:	Work Phone:	Mobile Phone:
Father's Work Address:		

Emergency Contacts (contacted only after efforts to reach parent/guardian fail):

Contact #1:	Work Phone:	Mobile Phone:
Relation to Participant:		Email:
Contact #2:	Work Phone:	Mobile Phone:
Relation to Participant:		Email:

Allergies/Medications:

Allergies (please list any/all allergies participant has experienced):
Medications (please list any/all medications participant is currently taking):
Any special physical or medical problems student has:

Insurance Information:

Is participant covered by insurance? <input type="checkbox"/> YES <input type="checkbox"/> NO	Carrier/Plan Name:
Name of Insured:	Group #:
Relationship to Participant:	Policy #:

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.

I understand Participant may receive antiperspirant/deodorant as gift from Secret®, a national sponsor of Girls on The Run, and consent to such receipt. Secret proudly supports the Girls on The Run program in helping prepare girls for a lifetime of self-respect and healthy living. Further, I understand that Participant may receive other 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.



Strengthening Girls from START to FINISH

Girls on the Run® is a running program for girls in 3rd-5th grade that encourages healthy, physical, emotional, social, and spiritual development. Girls walk away from the program with a vibrant sense of accomplishment, skills to enhance their self-esteem and a “CAN-DO” attitude. The program combines training for a 5k run with uplifting workouts.

See www.GirlsOnTheRun.org

Celebrate the COOL things about being a girl!

Program will begin at The Children’s House School on April 3rd, 2016.

The 5k run will be held in Traverse City Central High School on
Saturday May 27h at 5:00 PM.

If you have any questions please contact Coach Jamie at Jamie@traversechildrenshouse.org

Registration for Girls on the Run®

Name: _____ Age: _____ Grade: _____ Date of Birth: _____
School attending: _____ Parents/Guardians Name: _____
Mailing Address: _____ City: _____
EMAIL ADDRESS: _____
State: _____ Zip: _____ Phone: _____ T-SHIRT SIZE: Youth M L or Adult S M L XL 2XL

I _____ give permission for _____ to
(parent/guardian) (Daughter)

participate in the Girls on the Run® program. I understand this is a non-competitive running program designed for girls in 3rd-5th grades. Along with physical workouts, coaches provide targeted and age-appropriate discussions on certain areas (e.g. healthy eating habits, tobacco and alcohol use, personal safety, character development, etc.) in order to prepare girls for a lifetime of self- respect and healthy living by encouraging positive emotional, social, mental, spiritual, and physical development.

Grant monies funded Girls on the Run® in the past. We are asking for a \$30 fee per child to fund this year’s program. This guarantees each girl a t-shirt, water bottle, goody bag, snacks etc.. Please check one of the following boxes.

- Enclosed is my \$30. Checks made payable to: Girls on the Run
- Enclosed is my \$30 and \$ _____ to further support Girls on the Run®
- Scholarship needed

Please return completed form to: THE FRONT DESK.

I Love



REGISTRATION AND WAIVER FOR
FRIENDS AND FAMILY OF GIRLS ON THE RUN PARTICIPANTS 2017
The non-competitive 5k run will be held at Traverse City Central High School on
Saturday May 27th at 5:00 PM.

Name: _____ Age: _____
Date of Birth: _____
School Supporting: _____
Parents/Guardians Name if under 18: _____
Mailing Address: _____
City: _____
State: _____ Zip: _____ Phone: _____
EMAIL: _____
Emergency Contact
NAME: _____ PHONE: _____

T-SHIRT SIZE: Youth M L or Adult S M L XL 2XL 3XL

Registration Fee: \$20 Cash
 Check (payable to The Children's House)

In consideration of accepting my entry, I do hereby for myself, my heirs, executors, administrators and assigns, waive and release all rights and claims for damages which I may have or which may hereafter accrue to me against Girls on the Run, Traverse City Track Club, agents, representatives or assigns from any damages which may be sustained and suffered by me in my association with, entry, or participation in the Girls on the Run 5K.

I understand that I am running this race to support my Girl on the Run and that this is a non-competitive event.

I understand that I will wear my "I love GOTR shirt" for the 5K to indicate that I am a registered supporter.

Entrants Signature

Parent/Guardian if under 18 years