



# Girls on the Run

## Spring 2018 Registration

**Program Fee:** \$100 per participant

**Method of Payment:** \*Please submit with registration form to the school.

**Scholarship assistance:**

**Do you need scholarship assistance?**

- ☐ No
- ☐ Yes, I need scholarship assistance.
  - ☐ Half Scholarship (\$50)
  - ☐ Full Scholarship (\$100)

- ☐ Check (Make checks payable to SAFV)
- ☐ Cash
- ☐ Credit Card (online registration only)
- ☐ 2 Payments of \$50 (Cash or Check Only)

*Girls on the Run Program Includes:*

- Water bottle & healthy snacks
- Official Girls on the Run curriculum
- Lesson materials
- Trained GOTR coaches
- 5K registration fee, t-shirt, and finisher medal

**Sponsor a Girl:**

Would you like to make an additional donation to Girls on the Run of Greater Alaska in addition to the \$100 registration fee? Additional donations will support scholarships in your community.

- ☐ I'd like to contribute a tax-deductible donation of \$\_\_\_\_\_.

**Shoes:** Does your girl need athletic shoes in order to participate in Girls on the Run?

*NOTE: GOTR is no longer available to provide shoes to every girl in the program, only those who do not already have shoes they can use for practice. Please do not request shoes if you are able to provide shoes for your girl.*

- ☐ No, our family can provide shoes for GOTR practice
- ☐ Yes, we need shoes from GOTR for our girl to participate:

**Shoe Size:** \_\_\_\_\_ **Youth** \_\_\_\_\_ **Women** \_\_\_\_\_ **Wide**

*Note: We have a foot measurer at the school for you to use if you do not know your girl's current size.*

**Participant Information**

|   |  |  |             |
|---|--|--|-------------|
| <b>Site/School:</b>   |  | <b>Classroom/ Homeroom Teacher:</b>  |             |
| <b>Participant Full Name:</b>   |  | <b>Date of Birth:</b>  |             |
| <b>T-shirt Size:</b> <input type="checkbox"/> Youth Medium <input type="checkbox"/> Youth Large <input type="checkbox"/> Adult Small <input type="checkbox"/> Adult Medium <input type="checkbox"/> Adult Large <input type="checkbox"/> Adult X-Large  |  |  |             |
| <b>Phone Number:</b>  |  | <b>Home Address:</b>   |             |
| <b>City:</b>  |  | <b>State:</b>  | <b>Zip:</b> |
| <b>Participant's Grade:</b>   |  | <b>Number of previous seasons of GOTR:</b>   |             |
| <b>KGH ONLY:</b> Preferred Practice Days (If no preference, select both): <input type="checkbox"/> Mon/ Wed <input type="checkbox"/> Tues/ Thurs<br><b>BMS</b> Practices will be on Tues/ Thurs after school.   |  |  |             |
| <b>Ethnicity:</b> <input type="checkbox"/> White/Caucasian <input type="checkbox"/> Alaska Native/American Indian <input type="checkbox"/> African-American <input type="checkbox"/> Hispanic/Latino <input type="checkbox"/> Asian<br><input type="checkbox"/> Black/African American <input type="checkbox"/> Native Hawaiian/Pacific Islander <input type="checkbox"/> Multi Racial <input type="checkbox"/> Other <input type="checkbox"/> I decline to state |  |  |             |
| <b>To get home, my child will:</b><br><input type="checkbox"/> Walk<br><input type="checkbox"/> Be Picked Up<br><input type="checkbox"/> Take the Bus   |  | <b>Name/phone number of driver(s), if being picked up:</b><br><br><b>Address for Bus Drop Off:</b> |             |
| Names of people NOT allowed to pick up child: _____   |  |  |             |

|   |
|---|
|   |
| <b>List all current allergies. Do these allergies require the use of an epi-pen?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No |
| <b>List any/all medications/supplements the participant is currently taking, including inhalers.</b>  |
| <b>List any emotional, physical, or medical issues the participant experiences.</b>   |
| <b>Is there anything else you would like the coach team to know about the participant?</b>  |

**Parent/Guardian Contact Information:**

|   |                         |
|---|-------------------------|
| <b>Parent/Guardian Full Name:</b>                   |                         |
| <b>Email:</b>                                       |                         |
| <b>Primary Phone:</b>                               | <b>Alternate Phone:</b> |
| <b>Parent/Guardian Relationship to participant:</b> |                         |

**Who should we contact in case of emergency (if parent/guardian cannot be reached)?**

|                                     |                         |
|-------------------------------------|-------------------------|
| <b>Emergency Contact Full Name:</b> |                         |
| <b>Primary Phone:</b>               | <b>Alternate Phone:</b> |
| <b>Relationship to Participant:</b> |                         |

|                                     |                         |
|-------------------------------------|-------------------------|
| <b>Emergency Contact Full Name:</b> |                         |
| <b>Primary Phone:</b>               | <b>Alternate Phone:</b> |
| <b>Relationship to Participant:</b> |                         |

**Insurance Information**

|   |                              |  |
|---|------------------------------|--|
| <b>Is the participant covered by medical/hospital insurance?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No |                              | If yes, indicate insurance company below |
| Insurance Company:  | Plan Name:                   |  |
| Subscriber Name:  | Relationship to Participant: |  |
| Group Number:   | Policy Number:               |  |

**Girls on the Run Policies:**

**Please read the program policies below and initial to indicate that you have read and agree to the policy.**

**21<sup>st</sup> Century Learning Program:** Girls on the Run is operated as a partnership between Sitkans Against Family Violence (SAFV) and the Sitka School District 21<sup>st</sup> Century Learning Program, GLO. By enrolling your student in the Girls on the Run program she will automatically be enrolled in the 21<sup>st</sup> Century Learning program. Participant information will be shared between the two programs.

**Transportation Policy:** Girls on the Run volunteers are NOT to transport any participant, outside of immediate family, in a vehicle when operating in the capacity of a volunteer (coach, council director, etc.). In the instance that transportation of a participant is unavoidable, Girls on the Run International requires that a signed letter from the custodial or legal guardians of the participant(s) is submitted to the Girls on the Run Council Director or Local GOTR Program Coordinator at least a twenty-four (24) hours in advance. The letter should include an acknowledgement that the volunteer is no longer acting on behalf of Girls on the Run, and all liability of the council is waived.

**Attendance/Absentee Policy:** It is very important for your girl to attend the entire time for both sessions each week because the lessons build from one to the next and because group relationships build over time. Girls are not allowed to sign up for just one session a week. If you know your girl can't make it to both sessions each week, please do not sign up -- leave room for a girl who can. **Girls are only allowed 4 unexcused absences per season.** A girl who is absent more than 4 times may be removed from the program for the rest of the season. It is also expected that girls attend the season-end 5k run.

**Respectful Behavior Policy:** Girls are expected to behave respectfully, 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, administrators or coaches will be released from the program for the remainder of the season. Threatening behavior may include but is not limited to: physical injury, emotional mistreatment, abuse of prescription or illegal drugs, use of alcohol, carrying firearms or other dangerous items, 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.

If you have any questions about these policies, please contact the program coordinator at (907) 747-3489.

\_\_\_\_ **YES, I agree to the above program policies**

(Initial)

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**Girls on the Run Mandatory Program Activities and Schedule:**

Pre-Season Parent Meeting:

First Day of Practice:

Parent/ Family Practice:

5K Community Fun Run:

**Please let us know if you have a preexisting conflict with any of these important activities. Exceptions will be made on a case by case basis. Too many conflicts, and we may allow another girl to participate who is able to attend all program activities.**

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## **Waiver**

I am the parent or legal guardian of the minor ("Participant") named on this registration. 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 Girls on the Run of Greater Alaska and Girls on the Run International, their owners, directors, officers, contributors, sponsors, employees, contractors, agents and assigns against and from any 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 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 of Greater Alaska, 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 of Greater Alaska 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 likeness and audio (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. Registration and survey information is shared with Girls on the Run International.

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 portion thereof is held invalid, it is agreed that the balance 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. 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.

I have fully read the permissions and releases listed above, 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.

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**Signature of Parent/Guardian**

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**Date**

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**Print Name**

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**Phone Number**