Participant's Last Name _____

Sierra Bonita 5k and 1 Mile Fun Run – <u>Saturday, April 23rd, 2016</u>
9:00 AM Start time for 5K. 10:00 AM Start time for 1Mile Fun Run.

We invite all Sierra Bonita Students and families to participate. We will need a waiver/ permission for each individual to participate. The waivers are due on **<u>Wednesday, April 20th</u>.

This event is free of charge.

NEBO SCHOOL DISTRICT
EVENT/ACTIVITY RELEASE AND WAIVER FROM LIABILITY FOR <u>ADULT</u> PARTICIPANTS

<u>Adult Release and Waiver from Liability</u>

Safety is one of Nebo School District's greatest concerns. Accordingly, reasonable efforts are made to help make school events/activities safe. However, participation in an event/activity such as, or similar to the one mentioned below carries with it certain unavoidable, unpredictable, and inherent risks and dangers that no amount of care, caution, or instruction can eliminate.

Participation in the **(<u>Sierra Bonita Elementary 5K and 1Mile Fun Run)</u>** may test a person's physical and mental limits and carries with it the potential for serious injury, property loss, or even death. The risks include, but are not limited to, those caused by the physical condition of the participant, terrain, facilities, weather conditions, temperature, lack of hydration, condition of personal equipment, vehicular traffic, and actions of other people including school employees, participants, spectators, volunteers, supervisors, event/activity officials, and others. It is the sole responsibility of the participant to determine if their fitness level is adequate enough to participate. The undersigned hereby acknowledges the risks of participating in the (<u>Sierra Bonita Elementary 5K and 1Mile Fun Run</u>).

By signing below, the participant understands, acknowledges, and agrees:

1. That the undersigned participant has read and understands all the information contained herein.
2. That participation in the (<u>Sierra Bonita Elementary 5K and 1Mile Fun Run</u>) will expose the participant to certain unavoidable, unpredictable, and inherent risks and dangers.
3. That the participant is physically fit and has not been advised otherwise by a qualified medical person.
4. That the participant agrees to/acknowledges:
    a. Follow all instructions given by event/activity officials and supervisors.
    b. Follow all Nebo School District policies and procedures, and comply with all applicable laws and ordinances.
    c. Follow all school rules that may be applicable to this event/activity.
    d. Conform to usual and customary standards of good citizenship, good decorum, and common courtesy.
5. That Nebo School District <u>does not</u> carry any medical insurance coverage for accidental personal injury resulting from participation in this event/activity.
6. That if during the course and scope of this event/activity the participant needs medical attention, reasonable efforts will be made to provide or obtain medical treatment for the participant. The undersigned participant will pay for any and all costs associated with such medical treatment.
7. To the maximum extent allowable by law, the undersigned participant, in consideration of participating in the (<u>Sierra Bonita Elementary 5K and 1Mile Fun Run</u>), hereby releases, indemnifies, and holds harmless Nebo School District, the school hosting/sponsoring the event/activity, district and school employees, agents, coaches, volunteers, supervisors, officials, and other participants of and from any and all claims, liabilities, and expenses (including costs and attorney's fees) arising from personal injury, illness, death, property damage, theft, and all other losses arising directly or indirectly from participating in the (<u>Sierra Bonita Elementary 5K and 1Mile Fun Run</u>),).

Participant Name (Please Print) Participant Signature Date

Home Phone # _____ Cell/Other Phone # _____

5K_____ 1Mile_____

Event/Activity Description:
Sierra Bonita 5K

Sierra Bonita 1 Mile Fun Run

Event/Activity Safety:

Sierra Bonita Elementary 5K and 1 Mile Fun Run:

1. *It is expected that participants will wear appropriate clothing/footwear to participate in this event. Clothing should be highly visible and modest; it should not pose a trip or choke hazard, or inhibit visibility or breathing. Only shoes that provide good support and foot protection should be worn (no open-toed shoes).*
2. *The routes selected for this event were identified as routes with minimal potential for vehicular conflict. Along this route, volunteers, including teachers and staff of Sierra Bonita Elementary and PTA members will be strategically located to control vehicular traffic and guide participants. Sierra Bonita teachers and staff will provide a front and rear pilot car for the 5K run and a front pilot car for the 1 Mile Fun Run.*
3. *One week prior to the event and one day prior to the event, race officials will travel the routes to look for conspicuous/inconspicuous hazards that may need to be addressed before the event date.*
4. *A roving race and school representative will be available to render basic first aid.*
5. *The Spanish Fork EMT has been notified of our event.*