

Participant's: First and Last Name \_\_\_\_\_

**Sierra Bonita 5k and 1 Mile Fun Run - Saturday, April 29th, 2016**

**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 Thursday, April 27<sup>th</sup>**

**This event is free of charge.**

## **NEBO SCHOOL DISTRICT**

### **EVENT/ACTIVITY PARTICIPATION CONSENT AND WAIVER FOR MINOR PARTICIPANTS**

#### **Parent/Legal Guardian Consent**

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 (**Sierra Bonita Elementary 5K and 1Mile Fun Run**) 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. The parent/legal guardian, whose minor participates in the (**Sierra Bonita Elementary 5K and 1Mile Fun Run**) in any way, maintains the sole responsibility of determining if the fitness level of their minor is adequate enough to participate. The undersigned hereby acknowledges the risks of participating in the (**Sierra Bonita Elementary 5K and 1Mile Fun Run**).

By signing below, the minor and parent/legal guardian of the minor understands, acknowledges, and agrees:

1. That the undersigned parties have read and understand all the information contained in this consent form.
2. That participation in the (**Sierra Bonita Elementary 5K and 1Mile Fun Run**) will expose the minor to certain unavoidable, unpredictable, and inherent risks and dangers.
3. That the minor is physically fit and has not been advised otherwise by a qualified medical person.
4. That the minor has been instructed by the parent/legal guardian to:
  - 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 does not 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 minor needs medical attention, the parent/legal guardian understands that reasonable efforts will be made to contact the parent/legal guardian. In the meantime, the parent/legal guardian consents to an event/activity official taking, arranging for, and consenting to the medical treatment for the minor. The parent/legal guardian of the minor will be responsible for all costs associated with such medical treatment.
7. To the maximum extent allowable by law, the undersigned minor and parent/legal guardian on behalf of the minor, in consideration of participating in the (**Sierra Bonita Elementary 5K and 1Mile Fun Run**), 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 the minor's participation in the (Sierra Bonita Elementary 5K and 1 Mile Fun Run).

**\*\*If your child is in 1<sup>st</sup> or 2<sup>nd</sup> grade and wants to run the 5K, they must be accompanied by an adult or a responsible older sibling. Participants are welcome to participate in both events.\*\***

\_\_\_\_\_  
Student Name (Please Print)                      Student Signature                      Date

\_\_\_\_\_  
Parent/Legal Guardian Name (Please Print)    Parent/Legal Guardian Signature    Date

Home Phone # \_\_\_\_\_ Cell/Other Phone # \_\_\_\_\_ Grade \_\_\_\_\_

5K \_\_\_\_\_ 1 Mile Fun Run \_\_\_\_\_

**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.*