North Charlotte Running Academy

Explanation of Inherent Risks and Participation Agreement for Training and Meet Seasons (2020)

Note: The athlete and both parents or legal guardians (if living) must sign this form. Please indicate if one parent or guardian is deceased.

Track and Cross Country (XC) and their appropriate training are exciting sports that involve much running and strength training. Forceful impact with the ground or another runner is possible. The sport is run frequently during hot and humid weather, and also in very cold weather in various seasons. Because of these conditions and the athletic effort involved, participating in these sports and training expose an athlete to many risks of injury. Those injuries include, but are not limited to, death; paralysis due to serious back and/or neck injuries, brain damage, damage to internal organs, serious injuries to the bones, ligaments, joints and tendons, and general deterioration of health. Bee stings have been known to happen. More common injuries include sprained ankles, common running knee injuries and shin splints. Although some of our running will be on a track, running on the roads (campuses, neighborhoods, parks, greenways) includes potential for serious injury or death due to vehicular accidents. Such injuries can result not only in temporary loss of function, but also in serious impairment of future physical, psychological, and social abilities, including the ability to earn a living.

In an effort to make these sports as safe as they can be, the coaching staff will instruct players concerning the rules of these sports, including running on and crossing roads and the correct mechanics of all skills. It is vital that athletes follow the coach’s skill instruction, training rules, and team policies to decrease the possibility of serious injury.

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We have read the information above concerning the risks of running with North Charlotte Running Academy. We understand and assume all risks associated with trying out, practicing, or running.
We further agree to hold North Charlotte Running Academy and all its employees, representatives, coaches, volunteers, and agents harmless in any and all liability actions, claims or additional legal action in connection with participation in any activities related to participation on the North Charlotte Running Academy running team. In signing this form, we assume the inherent risks of these running seasons and waive future legal action by our heirs, estate, executor, administrator, assignees, family members, and ourselves.

DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Athlete \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed Name of Athlete \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of mother (or legal guardian) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed Name of mother (or legal guardian)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Father (or legal guardian) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed Name of Father (or legal guardian) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

North Charlotte Running Academy

EXPECTATIONS for 2020 Season(s)

You will come prepared each day

 Proper clothes – for all weather

 Proper shoes

 Properly hydrated

 Uniform when required

You will complete your practice and sign out with your coach when you leave.

You will have the proper attitude at all times, respecting your teammates, captains and coaches.

No swearing

You will be on time. If you are late for academic reasons, you will bring a note.

You will notify one Coach Bennett if you are going to miss practice.

Horseplay, taking shortcuts, disrespecting rules of the road and other supervision rules will not be tolerated.

These things and other behaviors that disrespect the team, coaches, and safety are often dangerous, dishonest and not in line with the expected behavior we ask for as a cross country team.

Drinking or drug use of any kind will not be tolerated.

Coaches reserve the right to dismiss athletes from the team for disregarding these rules, as they help respect the North Charlotte Running Academy program, coaches, leaders, and team.

I have read and understand these rules relating to the North Charlotte Running Academy team.

**I will commit to fulfilling them and understand that by breaking these rules I may be subject to reprimand or dismissal from the team as deemed appropriate by the coaches.**

DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Athlete \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed Name of Athlete \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of mother (or legal guardian) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed Name of mother (or legal guardian)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Father (or legal guardian) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Printed Name of Father (or legal guardian) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_