

St. Brigid Run Club – An Introduction to Running Program Spring 2010 – Permission Slip

Your child has expressed an interest in participating in the St. Brigid Run Club. This is a no pressure program geared toward children of all shapes and fitness levels.

Meetings will be held twice a week after school, Mondays and Wednesdays from 3:00-4:00, beginning April 12 with plans to end Wednesday, May 19. The program will end with the St. Brigid 5K on May 22. Your child is expected to exercise an additional day (a 3rd day per week outside of our meeting). No special clothing is required however; students should be dressed appropriately for exercise, including gym shoes. This program will be provided at no cost to students.

As with all exercise programs, we recommend your child be seen by a physician prior to starting an exercise program.

Please fill out the permission slip below and have your child return the form to the office by Thursday, April 1. Your child will not be allowed to participate until the slip is returned.

Permission Slip

I have read the above information. I understand that participation in the St. Brigid Run program is completely voluntary and that my child can quit at any time. I understand that there are risks and benefits associated with any exercise program and that it is recommended that my child get approval from a doctor before starting an exercise program. I understand that if my child does not participate appropriately and/or is disruptive during the program, he or she may be removed from the program.

I release St. Brigid School, their affiliates, and any personnel involved from any responsibility, liability, or negligence for any injury or health consequences that may occur from participation in this program or from any subsequent exercise activities that your child may engage in as a result of attending this program. My child is voluntarily participating in the St. Brigid Run Program at his/her own risk. My child is covered by health insurance.

Student's Name (printed)

Parent's Signature

Date

Home Phone & email

Phone Number (available between 3-4 pm)