



Consent & Waiver Form for Track and Field with Capital City Striders

Below is a consent form giving your child permission to participate in track & field athletics with Capital City Striders. This consent form allows your child to practice and participate in running and field events. It is also a waiver of injury. Guardians understand that Capital City Striders is not liable for any injuries that may occur while participating in these sports, whether meets (home or away) or practice.

Also, it is understood that practice may be held away from Laidley Field, UC Stadium (due to shortage of facilities and indoor schedule), and that Capital City Striders not liable in transportation (Guardians will be notified of where these other facilities are located before practice begins).

It is important to know that in sports involving training, such as running, this will be done in the vicinity of, but not necessarily at Laidley Field. This means that training may include running near roads (the least busy ones) and on "off-road" trails.

Practicing and playing in any sport always runs the risk of injury, but if it is done in safe conditions injuries can be kept to a minimum. It is understood that Capital City Striders cannot be held liable for any injuries that possibly occur while safety precautions have been given and are administered.

Capital City Striders will strive to provide the safest environment possible.

I/we _____
_(print name/s) have read and understand the above waiver/ consent. I/we give permission
for _____ (print
name) to participate in _____ (sport).
We understand that Capital City Striders will not be held liable for any injuries as is mentioned in the
above waiver.

Guardian's Signature

Date

Student's Signature