

2021 EXCEED RELEASE/CONSENT FORM

Your name, address, phone, and email will be compiled in a list used by Exceed Women's Running Team for the purpose of contacting members about team business and events and arranging runs and functions outside of EWRT practices. Certain information such as your email address, may be visible to other members on group communications (e.g. Weekly Exceed practice emails). This list will not be sold or given to any other individual or entity. If you do not wish to have part or all information included in the list, please mark those areas.

Member Information:

Name: _____			
<i>last</i>	<i>first</i>	<i>MI</i>	
Mailing Address: _____			
<i>Street</i>			

<i>City</i>		<i>State</i>	<i>Zip</i>
Phone Number: _____	Email Address: _____		

Emergency Contact Information:

Emergency Contact Name: _____			
<i>last</i>	<i>first</i>	<i>MI</i>	
Emergency Contact Phone: _____			

Program Information

You will be participating in weekly running sessions sponsored by EWRT. These 60-minute training sessions are held once or twice each week and are designed to improve your running performance and to provide information to decrease your risk of injury or over-training. A coach will be present for each training session to both coordinate the session and to be available to answer any questions and provide feedback regarding your training.

EWRT is committed to providing opportunities to women of all levels and abilities. At a minimum, you must be able to run three miles without stopping before joining the team. We will attempt to ensure that the training sessions match your current fitness level; however, ultimately, it is the participant's responsibility to monitor her own physical health and well being before, during, and after each session.

Although running is a very healthful activity, a risk of injury does exist. You are responsible for monitoring your own body and your own health. We highly encourage you to undergo a physical examination, with a personal physician, if you have not done so recently.

About half of the training sessions will occur on a track at one of the various Municipal high schools or junior high schools. The other sessions will take place on various local trails. EWRT cannot take responsibility for the Municipal facilities, Mother Nature, third parties, and/or animals.

The cost of membership to Exceed is \$125 for the season. Please note that if for some reason you join and are unable to continue to participate, the membership fee is non-refundable.

[PLEASE TURN OVER FOR SIGNATURE PAGE]

COVID Policies

Exceed Women’s Running Group is planning to make our 2021 season as safe as possible during the ongoing pandemic. Although we cannot remove all risk, we hope our actions will provide all members with options you to participate that meet their comfort levels.

By becoming a member of the 2021 Exceed Women’s Running Group are agreeing to abide by Exceed policies, including those outlined below:

1. **Sign in** for all practices that you attend in-person.
2. **Stay home if you have tested positive** for COVID-19, are waiting on test results or are quarantining following an exposure.
3. **Self-screen** for symptoms prior to coming to practice. **Stay home if you’re sick.** (self-screening tool is available on EWRT website on the COVID page).
4. **Bring your own water** bottle and do not share with others.
5. **Social distance** by staying at least 6 feet (about 2 arm lengths) from other members when possible.
6. **Wear a mask** that covers your nose and mouth when not running.
 - o We encourage you to continue to wear a mask when running if you’re able.
7. Clean or **sanitize your hands** before and after practices.
8. **Notify a board member if you test positive** for COVID-19 and believe you attended a practice while infectious. In the event a member tests positive for COVID-19, EWRT will alert those who were exposed (members in attendance at a specific practice) so that they can quarantine. We will NOT share personal medical information with anyone else in the Exceed group. We work with the appropriate public health authorities as needed for COVID investigations.
9. **Practice good respiratory hygiene**; do not spit, cover coughs and sneezes, etc.
10. We recommend you **follow current state health advisories** related to travel if you return to Alaska. This may include recommendations for testing or quarantine based on your individual circumstance. Health advisories can be accessed on the State of Alaska website <https://covid19.alaska.gov/health-advisories/>

Release and Indemnification

I have read and understand the above information, and in particular, I understand there are inherent risks in participating in this program, and I release, covenant not to sue, and agree to indemnify and hold harmless the Municipality of Anchorage, the Exceed Women’s Running Team, its board, officers, and coaches from all injuries, harm, expense, and damages, of any kind, related to my participation in this program, whether incurred at EWRT activities or otherwise through participation in EWRT, irrespective of negligence on the part of EWRT or affiliated persons.

Date

Signature

Printed Name

High school girls may join if their mothers are active members. If the above person is less than 18 years of age, a parent or guardian must read, review, and agree to this release on behalf of the minor.

Date

Signature

Printed Name

Relationship to above minor