

JOHN MUIR RUNNING CLUB



Liability Waiver and Permission Form

John Muir Language Academy/ JMAP will host a morning running club before school starts M- F from 7:30am to 7:50am. Running is a strenuous activity that may include risks such as, but not limited to, physical exertion, falls and contact with other students. I hereby expressly assume all risks, including personal injury arising out of my child's participation in the running club and running related activities.

I present and warrant that my child is fitted and physically fit and able to participate in the running club. My child agrees to stop and request assistance if he/she experiences any symptoms such as, but not limited to, dizziness, excessive fatigue, shortness of breath, pain or in any other conditions that would make it difficult or unsafe to continue.

I agree, for myself, executor and administrations, to not sue and to release indemnify and hold harmless John Muir Language Academy School, it's affiliated, directors, volunteers, and employees and all sponsors, from all liability, claims, demands, and cause of action whatsoever, arising out of my child's participation in the running club and related activities.

Parent/ Guardian's Name

Signature

Date

Students Name

Signature

Date