

Signature Required on 3 pages



PERMISSION FORM 2019-2020(ONE FORM PER FAMILY)

I give permission for my child/children (LIST ALL PARTICIPANTS HERE), _____

to attend and participate in RHE Run Club 2019-2020 on Thursdays after school until 4:00p.m. I understand some risk is inherent in an exercise setting. **I will make sure my child/children brings a water bottle to fill during the day to make sure they have adequate water to practice outside in the Texas heat. I also understand my child/children will follow the rules and instructions provided by the Run Club sponsors or any other adult volunteer at Run Club. If they do not, I understand that they may be asked not to participate in Run Club practices or races with the run club at any time as it is an after school elective activity lead by school volunteers. I will pick up my child/children no later than 4:00pm. I understand that the Run Club Parents/Coaches have children of their own to attend to, and their schedules require them elsewhere. Children are not allowed to be left unattended. If picked up late 2 times, the student will be asked to not participate in Run Club.**

By signing this form, I also agree my child or children are in good enough physical condition to participate in moderate to high levels of exercise outside for 45 minutes. I also understand that the weather may change during the day, so I need to monitor RHE Run Club remind texts or the RHE Run Club Facebook page to receive up to date information on practice. RHE sponsors will do their best to

NOTE: If my child needs to have an inhaler or other medication for a health condition my child will bring the inhaler or medication to practice and administer themselves.

I authorize a Run Club representative or adult to give consent to a physician and/or hospital for medical or surgical treatment. It is understood that every effort will be made to notify me or my emergency contact with the contact information below before such action is taken. I will update my contact information with the Run Club sponsors if there are any changes.

Child's Name: _____ Child's Name: _____

Child's Name: _____ Child's Name: _____

Parent's Signature: _____ Date: _____

Print Parent Name: _____ Volunteering: y/n _____

If volunteering, provide best contact for you: phone, text, email _____
(we will want to know a week ahead, when you will be unavailable).

RHE RUN CLUB INFORMATION SHEET 2018-2019

(ONE FORM PER FAMILY)

Child's Name: _____ Grade: _____ Homeroom: _____

Child's Name: _____ Grade: _____ Homeroom: _____

Child's Name: _____ Grade: _____ Homeroom: _____

Child's Name: _____ Grade: _____ Homeroom: _____

Child's Name: _____ Grade: _____ Homeroom: _____

Parent Printed Name: _____

Best way to contact you? _____ Best contact no. during practice: _____

Cell No.: _____

Parent Email: _____

If we cannot get a hold of you, we should contact: _____ Phone: _____

Will your child/children be picked up or will they walk home?

Will your child/children go home with any other students or adults? If so, who? **(any adults not listed are not allowed to take the children home, just like school policy.... So please list all adults and their contact information).**

Any information you think we should know about your child/children?

Again, WATER BOTTLE CONTRACT, for your child to read and sign along with their parents:

I, _____, will make sure that I remember to bring my water bottle to school the day of Run Club. I will pack it in my backpack, fill it at one of the many water fountains inside the school during the school day, and carry it with me to Run Club which starts at 3:15pm. I understand that **I am not allowed to go back into the school to retrieve any materials like my water bottle once I am dismissed by my teacher for Run Club. I understand that there is not enough adult supervision required to allow for me to go inside the school to drink from the water fountain or the gym water fountain,** which may or may not be locked at any given time unbeknownst to the Run Club Parent Volunteers and/ Coaches. The Run Club Parents/Coaches are not required to let me go inside to get water unsupervised during Run Club. **I am not allowed to sit during Run Club because I forgot my water bottle or because I feel ill. If I forget my water bottle or feel ill, my parent or adult caregiver (listed above) will be called to pick me up promptly.** I will be made to run until my parent or adult caregiver (listed above) walks onto the Run Club field to sign me out and after a Run Club Parent/Coach has been made aware.

Student's Signature:

Date:

Parent's Signature as witness to minor:

Date: