

Athlete's Name _____ Age _____

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of being permitted to participate in Coach _____'s Training Program [*insert your name or program here*] I, for myself, my heirs, personal representatives and assigns, do hereby release, waive, covenant not to sue and discharge Coach _____ [*insert your name or program here*] from liability from any and all claims including the negligence of Coach _____ [*insert your name or program here*] resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in _____ [*insert name and description of training activity/program which athlete will be participating in here*]

Signature

Date

Assumption of Risks: Participation in running and conditioning programs carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I know that running is a potentially hazardous activity and certify that I am in good health and physically fit to enter into a training program. I acknowledge that I am aware of the many risks involved in athletic training in general and running training specifically, which risks include by way of example and not limitation: 1) minor injuries such as scrapes, bruises, sprains and strains, 2) more serious injuries such as joint, muscle and bone injuries, concussions and other head injuries, heat related injuries such as heat stroke and heat exhaustion, dehydration and over hydration conditions such as hyponatremia, and catastrophic injuries and conditions such as heart attacks and other conditions or injuries which could be fatal. I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in training for and participating in road, trail and track running and racing and any conditioning and cross training activities associated with that training. I hereby assert that my participation is voluntary and that I knowingly assume all such risks. _____ (Initial)

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD HARMLESS Coach _____ [*insert your name or program here*] from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in Coach _____'s Training Program [*insert your name or program here*] _____ (Initial)

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of _____ [*insert your state here*] and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement consisting of two pages, fully understand its terms, and I understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Signature

Date

Athlete's Name _____ Age _____

Participation and Assumption of Risk Agreement

_____ "Athlete", in consideration of being permitted to participate in the athletic, running and conditioning training program with Coach _____, acknowledge that participation in such a training program can be hazardous to my health and that I have an increased risk of injury by participating in this program.

I agree and understand that I am solely responsible for my health and medical condition, and that it is my sole responsibility to determine my physical and medical fitness to undertake a strenuous training program. I acknowledge that the Coach is not a medical doctor and that advice and recommendations of the Coach are based upon the Coach's training and experience as a runner.

I know that running is a potentially hazardous activity and certify that I am in good health and physically fit to enter into a training program. I acknowledge that I am aware of the many risks involved in athletic training in general and running training specifically, which risks include by way of example and not limitation: 1) minor injuries such as scrapes, bruises, sprains and strains, 2) more serious injuries such as joint, muscle and bone injuries, concussions and other head injuries, heat related injuries such as heat stroke and heat exhaustion, dehydration and over hydration conditions such as hyponatremia, and catastrophic injuries and conditions such as heart attacks and other conditions or injuries which could be fatal.

I accept all the inherent risks of participating in the running and conditioning training program. I understand and agree that Coach _____ shall assume no responsibility or liability for me for accident, illness, or loss of, or damage to, personal property resulting from participation in this Training Program.

The forgoing is submitted in consideration of Coach _____ allowing my participation in this Training Program. I confirm that I am of adult age and I execute this document with full knowledge of the contents and consequences stated in this Agreement.

Signature

Date

DRAFT SAMPLE



ATHLETE QUESTIONNAIRE: In order to help us plan a fitness/athletic program for you, it is necessary to evaluate some of your health and lifestyle history, as well as your present running fitness. Please answer to the best of your ability. Your information will be kept confidential and used only in helping make recommendations for a fitness program.

Name _____ Date _____

Age _____ Sex _____ Height _____ Weight _____

Email: _____ Phone: _____

Mailing Address _____

Emergency Contact (Name and Phone): _____

Current State of Health: _____

Medications: _____

If currently sick or injured, describe difficulty and date of onset: _____

Health Risks (i.e.: family history, chronic disease, etc): _____

Running Interest (check all that apply):

Fitness and Fun Recreational or Social Racing Training for Multi-Sport Racing for Improved Performance Racing for Awards (overall, age group, Boston Qualifying, etc)

How Long Have You Been Running: _____

Would you consider yourself a Novice _____ or Experienced Runner? _____

Running Racing Experience: None: _____ Novice: _____ Experienced: _____

How Many Miles Per Week Have You Averaged Over the Past Three Months: _____

Have you ever done "speed" workouts, interval training, or "effort sessions: Y _____ N _____

Comments and details:

Recent or Chronic Running Injuries:

Describe any problem with previous training or racing:

Most recent racing results, include distance, pace/time, and date:

Describe your current training goals – what are you trying to accomplish and by when?

Running Personal Bests:

Distance	Time	Year
Mile/1500		
5k		
10k		
Half-Marathon		
Marathon		
Other		
Other		

Additional comments or concerns: