



San Antonio RoadRunners

PO Box 12474

San Antonio, TX 78212

SARR Policy 26-02
(Supersedes SARR Policy 22-03)

Aug 13, 2026

Youth Athletes in Adult Training Programs Policy

1. According to San Antonio RoadRunners SAFE SPORT ACT (SARR Policy 25-02), and Road Runners Club of America (RRCA) guidance, a youth athlete is a child or young person under the age of 18 who participates in a race, youth running program, or any other event hosted or operated by SARR.

a. SARR has a dedicated youth training program called Kids Run SARR (SARR Policy 25-03), which limits participant ages to 7–12. This 10-week program has 2 sessions per year, in the fall and in the spring. It is specifically designed to introduce young runners to group training in a fun, structured, and age-appropriate environment. Participants younger than age 7 may be approved at the discretion of the Kids Run SARR Head Coach. Parents or guardians may choose to have a minor train in an adult program when the minor is no longer eligible to participate in the Kids Run program due to the maximum age limit of 12, or because the parent or guardian is participating in another SARR program. This is permitted in a SARR training program under specific circumstances. A minor aged 12-17 may be permitted to register and train in a SARR adult training program if the parent or guardian agrees to the following guidelines, which are designed to safeguard the well-being of the child:

- I understand that the program is designed for adults age 18 and older, and I agree to remain available at all times during training sessions in the event of injury or illness involving the minor.
- I agree to ensure that the minor understands they must remain within sight of a SARR coach, mentor, or pace leader at all times and that the minor will follow all instructions provided by SARR coaches, including staying on the designated route or trail, practicing proper road etiquette, and adhering to all safety precautions.
- I understand that I am ultimately responsible for the safety and supervision of the minor throughout the training session and will communicate with the coaches throughout the season to ensure the minor is participating in a safe manner.

b. The minor's parent or legal guardian is required to complete and sign the waiver attached to this policy.

2. The completed form must be returned to the Head Coach prior to the minor participating in adult training. The form will be provided to the SARR Secretary and retained in the club's electronic filing system for a period of two (2) years following completion of the training program in which the minor participated.



KEITH CLICK
President
San Antonio RoadRunners

References:

RRCA Safe Sport Compliance Policy, [Important Club Policies to Adopt - Road Runners Club of America](#)

RRCA Kids Run the Nation Program Guidance

SARR Policy 25-02, San Antonio RoadRunners SAFE SPORT ACT Compliance Policy, December 18, 2025

SARR Policy 25-03 Kids Run SARR Youth Training Policy, December 14, 2025

SARR Policy 21-07 SARR Policy Regarding Bullying, December 15, 2021

Participant / Parent Waiver – Minors in Adult Training

I, the undersigned, am the parent or legal guardian of the minor whose name appears below. I know that running is a potentially hazardous activity. I know that the minor should not run unless medically able and properly trained. I agree to abide by any decision of the SARR Director of Training and/or head coach for the training program relative to the minor's ability to safely complete the risks associated with running in this program including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road or track, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, on my behalf and the minor's behalf, waive and release the San Antonio RoadRunners (SARR) the Road Runners Club of America, its officers, directors, agents, employees, sponsors, their representatives and successors from all claims or liabilities of any kind arising out of the minor's participation in the SARR adult training program even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I further authorize and empower the SARR Director of Training and/or head coach for the training program to consent to and authorize any medical care or treatment for the minor that may appear reasonably necessary as a result of emergency, accident or illness of the minor whether occurring before, during or after the event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this for any legitimate purpose. I understand that personal music players are not allowed for use in this program, and I will ensure the minor abides by this guideline.

Minor's Name: _____ Date: _____

Parent's or Guardian's Name: _____ Date: _____

Parent's or Guardian's Signature: _____