

## GUELPH VICTORS REGISTRATION AND WAIVER 2024

NAME \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_

EMAIL \_\_\_\_\_

AGE \_\_\_\_\_ GENDER \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_

DO YOU HAVE ANY MEDICAL CONDITIONS THE COACHES SHOULD BE AWARE OF?

\_\_\_\_\_

**WAIVER: I agree to accept the risks and liabilities of participating with the Guelph Victors.**

### COVID-19 RISKS

Gathering in groups carries an increased risk of contracting or spreading the Covid-19 virus. The Guelph Victors abide by all provincial regulations regarding public gatherings, and we take the following precautions in our group training:

- we may ask members to pre-screen before attending group training
- we may limit gathering sizes for our events
- we train outdoors as much as possible
- we maintain social distancing when we gather
- at the U of G Fieldhouse track, we may take additional measures to minimize the risk of spreading the virus at the indoor facility, in conjunction with U of G supervisors (eg. limited attendance, social distancing, staggered track starts, etc.)

In spite of these precautions, there is inherently an increased risk in group training, however small. We ask that if you're not comfortable with these risks that you DO NOT attend Guelph Victors group training sessions on the road, at the indoor track, or at the outdoor track (Alumni Stadium).

### GENERAL RISKS

All sports, including running, have their risks. Running fast is strenuous and taxes the body's cardiovascular system. It involves the risk of physical injuries, including (but not limited to):

- muscular injuries, such as soreness, muscle tears or shin splints
- repetitive use injuries, such as plantar fasciitis or tendonitis
- injuries associated with running on public roads, especially at night time

### MEDICAL RELEASE

I agree that I am physically fit to participate in the sort of training offered by the Guelph Victors, and that if I have any doubts about my fitness or existing medical conditions, that I have consulted with and have the approval of my family doctor to participate in training.

**GO TO NEXT PAGE ...**

## **ROAD RUNNING REQUIRES CAUTION**

The Guelph Victors recommends that ALL runners wear reflective vests PLUS illuminated lights (front and rear) while participating in our November–April tempo runs, which are mostly held in darkness and on public roads.

## **I AGREE TO BE RESPONSIBLE FOR MYSELF**

I am participating voluntarily in training with the Guelph Victors. I agree that there are risks associated with the sport, as described, but not limited to, the above. I agree to accept these risks and to be responsible for any injury or other loss which I might receive while participating in Club training events. If something happens to me, I release the organizers, coaches and other members of the Guelph Victors from any claims, actions or costs which might arise out of my participation. I will not sue the Guelph Victors, its leaders, coaches or the owners of the premises where club events take place (University of Guelph, Alumni Stadium and Field House, or gyms of the Upper Grand District School Board) for any injury or loss that may occur while training with the club.

## **ACKNOWLEDGEMENT**

This is a legal agreement. It is binding upon me, as well as upon my heirs, executors and representatives. I have read and understood all its terms and by signing it voluntarily I am agreeing to abide by its terms.

SIGNATURE \_\_\_\_\_

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## **RETURN THIS FORM:**

Sign and return it with your cheque for \$60 (regular) or \$35 (student) 2022 dues to: **Lee Frank**, Treasurer, 38 Washburn Drive, Guelph, ON, N1E 0B6.