Cross Country Road Running Release

5th, 6th and 7th Graders Only

Please fill in the following off campus running permission form:

The long-distance group will occasionally take runs off campus. They are from 1 to 2 ½ miles in length. We will start with shorter runs and will build up. The runners will always be in the company of running adults. We will discuss rules and will always keep safety in mind; however, there is inherent risk in running besides roads, crossing streets, and running on uneven paths through woods.

 I give my child permission to run off campus with the Cross Country Team.

**PLEASE NOTE that you are submitting an electronic form. By checking the box below, you are also agreeing that by typing your name into the Parent or Guardian Name box below, that this constitutes a binding agreement and that all information provided in the form is understood.**

Parent Signature: Date: \_\_\_\_\_\_\_\_\_

For the runner to read and sign:

To run off campus with the Cross Country Team, I need to be trustworthy. I agree to listen carefully to the rules before we leave on the run. I understand that I must always run with an adult. I will stay with the group. I agree not to run through anyone’s yard. I will leave for the run only if I leave with the group. I understand this is a training run and is considered a running workout. I understand that if all of these rules are not followed, I will not be invited to run off campus during future practices of this cross-country season.

**PLEASE NOTE that you are submitting an electronic form. By checking the box below, you are also agreeing that by typing your name into the Parent or Guardian Name box below, that this constitutes a binding agreement and that all information provided in the form is understood.**

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_