

**CALGARY OLYMPIC TRACK CLUB  
INFORMED CONSENT, RISK ACKNOWLEDGEMENT  
AND INDEMNITY AGREEMENT**

**WARNING: By signing this document you indicate that you understand the risks associated with this activity, which you are aware that by allowing your child to participate in the activity you are exposing him/her to the risks identified below. It gives the Calgary Olympic Track Club authority to secure medical assistance for your child for which you agree to be financially responsible. You are agreeing to assume financial responsibility for any damage to third persons or their property caused by your child.**

**PLEASE READ CAREFULLY!**

1. I am aware that by allowing my child, \_\_\_\_\_, to participate in the activity of Track & Field, which may include any or all of the following: running, hurdles, long and high jumping, shot put, discus and javelin throwing, I will be exposing him/her to the following inherent risks, including but not limited to:

**GENERAL:**

- theft, vandalism or loss of personal property;
- any manner of injury resulting from use, misuse, non-use and failure of equipment;
- potential for bone and muscular skeletal injury, such as sprains and strains;
- episodes of light headedness, fainting, chest discomfort, leg cramps and nausea;
- an increased load on the heart, which may result in dizziness, shortness of breath and, in extreme circumstances, may result in a heart attack;

**OUTDOOR ACTIVITIES:**

- all manner of injury resulting from falls on steep, icy, slippery or uneven terrain;
- all manner of injury from impact or entanglement with trees, rocks, goal posts, sprinkler heads, gopher holes or other obstructions;
- weather: any injury or illness resulting from exposure to cold, wet or windy weather, or the effects of heat and strong sunlight;
- injuries from contact with animals, including dogs, snakes, birds, insects, spiders;
- other outdoor risks: injuries from falling tree limbs, lightening, etc.

**TRACK & FIELD ACTIVITIES:**

- impact with obstructions, other participants, referees or spectators, Track & Field equipment (which may include hurdles, javelins, shot put balls, discs, high jump bars, etc.), visible or non-visible;
  - all manner of injury arising from falling and impacting against any surface, apparatus/equipment or the ground;
  - abrasions, sprains or other injuries resulting from activities such as running, jumping, throwing, and landing incorrectly in sand pits;
  - abrasions or bruises resulting from impact with other participants or equipment;
- I have explained the risks associated with this activity to my child and he/she understands the risks.

2. The Calgary Olympic Track Club may secure such medical advice and services as it, in its sole discretion, may deem necessary for my child's health and safety and I shall be financially responsible for such advice and services.

3. I understand that it is my child's responsibility to abide by the rules and regulations imposed on the participants by the Coaches. I have explained to my child the need to follow the instructions given by the Coaches.

4. If my child is supplying his/her own equipment, I am responsible for ensuring that it is safe and well maintained, and is up to the requisite standards for the activity in which he/she is participating. I understand that the Calgary Olympic Track Club accepts no responsibility for any incidents occurring out of the use or misuse of my child's equipment.

\_\_\_\_\_ (Initial here that you have read paragraph 4.)

5. I agree to HOLD HARMLESS AND INDEMNIFY the sponsors, executors, coaches and other officials of the Calgary Olympic Track Club from any and all liability for any damage to the property of, or personal injury to, any third party resulting from my child's participation in this activity.

**I HAVE READ AND UNDERSTOOD THIS AGREEMENT. BY SIGNING THIS AGREEMENT I AM ACCEPTING FINANCIAL RESPONSIBILITY FOR ANY MEDICAL ASSISTANCE THE CALGARY OLYMPIC TRACK CLUB MAY DEEM NECESSARY FOR MY CHILD'S HEALTH AND SAFETY, AND ALSO FOR ANY DAMAGE TO THIRD PERSONS OR THEIR PROPERTY THAT MY CHILD MAY CAUSE.**

Signed this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_

\_\_\_\_\_  
PRINT NAME OF PARENT / GUARDIAN

\_\_\_\_\_  
SIGNATURE OF PARENT / GUARDIAN

\_\_\_\_\_  
WITNESS NAME (please print)

\_\_\_\_\_  
WITNESS SIGNATURE  
(Non Family Member)

\_\_\_\_\_  
WITNESS ADDRESS

\_\_\_\_\_  
WITNESS TELEPHONE #

**This informed consent must be completed in full, signed, dated and witnessed and paragraph 4 must be initialled before the child is allowed to participate in the activity.**