

WAIVER, RELEASE, AND INDEMNIFICATION

I, the undersigned, hereby acknowledge that I have been advised and fully understand that certain elements of danger are inherent in the programs and activities (the "Programs") sponsored by Mt. Diablo Heat / RRCA / USATF which are beyond the control of the coaches, affiliated organizations and sponsors, their employees and associated personnel, including the owner of sites and facilities utilized for the Programs, and that participation by my child in any Programs may entail unavoidable risk of personal injury, death and loss of or damage to property. These risks include, but are not limited to insect and animal bites and stings, forces of nature such as but not limited to lightning and unexpected extreme weather conditions and any hazard present in the outdoors, such as but not limited to low lying branches, sharp objects and slippery surfaces. I also recognize that running is a potentially hazardous activity and that a minor should not run unless medically able and properly trained.

I hereby assume all risks of injury and death to my child and loss of or damage to property arising out of my child's participation in such activity and I agree to indemnify, hold harmless Mt. Diablo Heat / RRCA / Pacific Association of USATF / USATF, its coaches, officers, instructors, agents and employees from and against all claims arising from any occurrence causing damage or injury to my child or to any party participating in said Programs or any third parties injured as a result of my child's actions. In the event that my child requires medical attention while participating in the Programs, I hereby grant permission to Mt. Diablo Heat / Pacific Association of USATF / USATF and its representatives to provide for the rendering of such care, including diagnostic procedures, surgical and medical treatment, by authorized medical staff or their designees, as may in their professional judgment be necessary. I hereby acknowledge that no guarantees have been made to me as to the effect of such examinations or treatment. I acknowledge that I am responsible for all reasonable expenses in connection with care and treatment rendered during this period.

CODE OF CONDUCT

- Always show respect, support and appreciation to your fellow teammates, coaches, parents and team volunteers.
- Demonstrate positive, open communication between coaches, athletes, parents and officials.
- Acknowledge and demonstrate good safety in practices and events.
- Foul language and derogatory comments will not be tolerated.
- Be open to volunteer opportunities as they arise to support our team and USATF events.
- Have Fun!

PHOTO RELEASE

By signing at the bottom of this form I hereby grant full permission to Mt. Diablo Heat to use any photographs, motion pictures, recordings or any other record of my child's participation in this program for any legitimate purpose, including commercial advertising without monetary payment to me. [] No, I do not wish to grant a photo release.

I have read and understand the terms and conditions of this Release, Indemnification, Code of Conduct and Waiver and I agree to subscribe to them.

Athletes Name: _____

Parent/Guardian Signature: _____ Dated: _____

Printed Name of Parent/Guardian: _____

Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. **COVID-19 is extremely contagious** and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

The Mt Diablo Heat (“the Club”) has put in place preventative measures to reduce the spread of COVID-19; however, the Club cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending the Club could increase your risk and your child(ren)’s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending the Club practices and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at the Club may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Club employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)’s attendance at the Club practices or participation in Club events (“Claims”). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the Club, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the Club, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Club program.

Signature of Parent/Guardian

Date

Print Name of Parent/Guardian

Name of Club Participant(s)