

**CORONADO UNIFIED SCHOOL DISTRICT**  
**Silver Strand School**  
**Running Club Permission Form**



Student Name: \_\_\_\_\_ Teacher: \_\_\_\_\_

M \_\_\_ F \_\_\_ Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Cell: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Cell: \_\_\_\_\_

Child's Doctor: \_\_\_\_\_ Doctor's Phone: \_\_\_\_\_

**Verification of Insurance**

All participants must be covered by insurance in the amount of \$1,500 minimum medical and hospital coverage. If you wish to supplement your coverage, insurance packages and forms are available. Please contact Silver Strand's office for information regarding supplemental coverage.

I verify with my signature below that my child is adequately insured to meet the coverage listed above.

Insurance Company: \_\_\_\_\_ Policy No: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Liability Release**

I/We, the undersigned, parent(s)/person having legal guardianship of the above said minor, give permission for said minor to participate in school sponsored activities. I/We hereby voluntarily and knowingly assume all risks and dangers inherent and incidental to the activities for which I have given my permission and thereby will not hold the District liable for any injuries incurred during these activities. I further agree and specifically intend to release and discharge the District and staff from any claim or right known or unknown to be at any time preclude myself from recovering from any loss or damage to my property or any personal injury or both while engaged in the activity and exposure for which I agree, or while I am present at the assigned property and/or participating in the prescribed activity. I/We do hereby authorize the District, as agent for the undersigned, to consent with respect to said minor to any x-ray examination, anesthetic, medical, dental, or surgical diagnosis or treatment, and hospital care which is deemed advisable by, and is to be rendered under general or special supervision of, any physician and surgeon licensed under the provisions of the Medical Practice Act on the medical staff of any hospital, whether such diagnosis or treatment is rendered at the office of the physician or at the hospital. I/We understand that the district is not responsible for payments incurred due to said medical care.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Running Club Information

Schedule: 09/07/16 – 05/31/17

Meets: Every Wednesday

Times: Grades TK – 3<sup>rd</sup>, 1:05-1:35pm  
Grades 4<sup>th</sup> – 5<sup>th</sup>, 1:40-2:10pm

The Running Club promotes fitness and healthy lifestyles in our students. Our goal is to get as many children as possible **RUNNING** or **WALKING** on a regular basis. This program benefits students by providing a non competitive environment where all children are successful and supports pride in accomplishment and life-long positive habits. Laps are logged each week and each runner earns a foot charm for every mile completed. Students are provided with a chain necklace to collect their feet charms and display their progress.

### All Students:

- There is no fee to participate in the Running Club.
- A completed and signed permission slip is required prior to student participation.
- All school rules are enforced during Running Club.
- All backpacks should be stored on the sidewalk behind the 400 building.
- Students must be promptly picked up or walk home after Running Club.
- We are not able to remind students to attend Running Club or deliver messages to students during Running Club.

### Bus Riders:

- Students in grades 1-3 may take the 2<sup>nd</sup> bus home at 1:40pm after Running Club.
- There is no bus available to transport 4<sup>th</sup> and 5<sup>th</sup> grade students' home after Running Club.

### TK/Kindergarten Students:

- TK/Kindergarten students are invited to participate, but students must be picked up by parents at 11:40am dismissal time and then parents are required to return to school with his/her child at 1:05pm when Running Club begins.

### Students Enrolled at the Silver Strand Rec. Center:

- Students participating in the after school program at the Silver Strand Rec. Center are able to participate in Running Club. The Rec. Center will pick up participating students up after Running Club at both 1:35pm and 2:10pm.
- Parent must notify the Rec. Center if their child will be participating.

### Volunteers:

- 2-3 parent volunteers are needed each week to help supervise, pass out lap sticks, and log student laps.
- Please contact Tracie Quill if you would like to help out.

**The Silver Strand Running Club is sponsored by the Silver Strand PTO.  
A big thanks to our PTO for making this program possible for all our students!**