

Up and Running
USATF Track Club #0928
2020 USATF Club Membership Registration Form

Name _____
Name of Parent(s)/Guardian _____
Address _____
City _____ Zip _____
Phone _____ Alternate Phone _____
Email address that is checked frequently _____
Birth Date _____ Height _____ Weight _____
Grade _____ School District _____
USATF Membership Number _____
Other Sports/Events _____
Pole Vault PR _____

Parent Permission to Participate:

I (we) give permission for _____
First Name Last Name

to participate in "Up and Running" track club practices and activities during the 2019-2020 seasons, and I have received, read and understand the club safety guidelines and code of conduct.

Signature of Parent or Legal Guardian

Date _____

Signature of Participant

Date _____

All Participants must have a signed, completed, club application and payment on file prior to participation. All participants must be current Members of USATF

Up and Running Track Club Pole Vault Safety Guidelines and Code of Conduct

- Athletes should arrive at practice with a positive attitude ready to listen, learn, work and have fun.
- Vaulting and training can be done only with a coach present.
- Athletes must be supportive and show respect to all coaches, club members, other athletes, guests, spectators & officials.
- Athletes must use appropriate language. Appropriate means acceptable to all.
- Athletes must not distract other vaulters on the runway.
- Athletes are expected to help take care of all equipment — mats, poles, apparati, etc. They are expected to help with set-up, clean-up, and storage.
- Athletes are expected to use equipment intended for specific drills/exercises and only as directed by the supervising coach. All other equipment in the facility will not be disturbed.
- Poles are expensive and must be taken care of - they must not be left where they can be damaged, dropped on the ground, stepped on, or used in a manner unrelated to pole vaulting.
- Coaches and mentors are present to teach, coach, and supervise; non-training activities are distracting, unsafe for everyone and may result in an athlete's being dismissed.
- Athletes are responsible for their own safety and appropriate behavior.
- This is a mixed-gender club. Athletes are expected to display mature and appropriate behavior with members of the opposite sex.
- The Up and Running Track Club maintains a strict “Zero Tolerance” policy with regards to drug and tobacco use and consumption of alcohol. Any athlete caught using drugs, tobacco or alcohol at a club event will be expelled immediately from the club.
- We expect all athletes to follow all existing Dexter High School rules and policies while at practices.
- Conduct problems not included in the Zero Tolerance policy, above, will be handled in the following way:
 - First offense – the athlete will be asked to sit out the remainder of the practice or event
 - Second offense – the athlete will be sent home. A written warning will be issued. The athlete will be put on a period of probation for the rest of the year.
 - Third offense – the athlete will be expelled from the club
- While we don't expect any of the above problems (our experience has been that all vaulters are wonderful to work with), the above policies provide a framework for understanding our shared responsibilities, and they are required by the USATF for all formally-recognized clubs.

Up and Running Track Club
2020
Waiver of Liability, Medical Consent

The Up and Running Track Club will not be responsible for any damages, accidents or injuries that may happen to any member or member property. In consideration of my son's/daughter's or ward's participation with Up and Running Track Club, I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights or claims for damages I may have against Up and Running Track Club, Champion Gymnastics, its representatives, successors, employees, volunteers, coaches, staff, sponsors, and directors, for any and all injuries suffered by my son/daughter or ward as a result of his/her participation in or travel to and from any practice, "open pit" session, meet, or other function of Up and Running. I, the undersigned, understand that there is an element of risk involved with my son/daughter or ward participating in pole vault activities, and both minor and severe injuries may occur. Membership and participation in club activities are strictly voluntary and I, therefore, assume any risk associated with my child's use of training facilities and/or equipment. On behalf of my son/daughter or ward, I accept the risks of such injuries, and voluntarily grant my permission for my son/daughter or ward to participate in all of the activities of Up and Running Track Club. Use of facilities by the club is offered to the club without any assumption of liability by those providing the facilities. Any insurance provided by membership in USATF is supplemental to members' own personal insurance. Said USATF insurance, if any, is a benefit provided by USATF, and provision of insurance by USATF does not apply to or actually override this waiver indemnifying the Up and Running Track Club, its coaches and/or founders.

I also grant Up and Running Track Club, its employees, staff, volunteers, coaches, and other persons authorized and/ or designated by Up and Running Track Club to administer first aid as they deem reasonable and appropriate under the circumstances, while my son/daughter or ward is participating in the activities of Up and Running Track Club, including, but not limited to practices, "open pit" sessions, meets, and travel to and from the same. In the event of my absence, I authorize the Up and Running Track Club to seek any other emergency medical treatment from health care professionals that may be deemed reasonable and appropriate while my son/daughter or ward is participating in the activities of Up and Running Track Club. In the event of an emergency in my absence, if any health care professional is consulted, I understand that I will be contacted as soon as possible, and that I will be financially responsible for any medical treatment administered by said healthcare professional.

Athlete's Name _____

Parent/Guardian Signature _____

Date _____

USATF Member# _____

USATF Club #0928

USATF Club Name: Up and Running

Medical Insurance Company _____

Medical Insurance Policy # _____