

Netley Abbey Runners | FRIDAY FAMILY RUN GUIDE

The Friday Family Run is open to any child aged 4 years and above. Children aged between 4 to 11 **must be:**

- 1) Accompanied on the run by a member of their family who is over 17 or,
- 2) Accompanied by a member of their family who is over 17 that takes on duties as a marshal (standing along the course or waiting at 'base camp') or,
- 3) Accompanied on the run by a responsible adult that has been allocated as a guardian by the child's parent **AND** the parent has explained this **in writing** to the Run Leader(s) in charge of the session or,
- 4) Accompanied by a responsible adult taking on duties as a marshal that has been allocated as a guardian by the child's parent **AND** the parent has explained this **in writing** to the Run Leader(s) in charge of the session.

In relation to older children, adults and Run Leaders on the Family Run:

- 1) One adult (over 17 years) can be responsible for a maximum of two children (4-11) in their care for the entire session,
- 2) During the run it is inevitable that the children will spread out over the course but there should be at least one adult in close proximity to two children (4-11),
- 3) There should always be an adult running at the front and a Run Leader at the back of the group,
- 4) As it is a 'There & Back' course there should always be an adult who stands at the halfway point until the last runner comes through,
- 5) It is the adults' responsibility to make sure that the children run in a **safe environment**, this means that they should stay close enough to a child (4-11) during the run to make sure they are safe,
- 6) Children aged 12 to 17 can run without adult supervision but are not old enough to have the responsibility to accompany a child under 12 without an adult,
- 7) The Run Leader/s should take everyone through a warm up, an explanation of the course, the 'rules' of the run, and a cool down after the run.

Below is a **Waiver/Consent Form that must be signed** and handed in if you would like your child to be included in one of our Friday Family Runs. Any child under 18 has to have this form signed by their parent or legal guardian otherwise we cannot let them run. We will have copies with us to sign on the night.

Although there seem to be a lot of rules, the emphasis on this night is still to have fun and allow the whole family to run together. The club was set up to get families and the local community running together, and we are very proud that this is happening, so please support the Family Runs by turning up and running as a family!

NETLEY ABBEY RUNNERS | FRIDAY FAMILY RUN | WAIVER/CONSENT FORM

I, the undersigned, am the parent or legal guardian of the child (aged between 4 years to 17 years) whose name appears below. I understand that running is a potentially hazardous activity and that the child should not run unless medically able. I agree to abide by any decision of the **Run Leader** in relation to the child's ability to safely complete the risks associated with running. Having read this waiver and knowing these facts, on my behalf and the child's behalf, waive and release **Netley Abbey Runners** from all claims or liabilities of any kind arising out of the child's participation in this **Friday Family Run**.

I further authorise and empower the **Run Leader** to consent to and authorise any medical care or treatment for the child that may appear reasonably necessary as a result of emergency, accident or illness of the child occurring during the run. I grant permission to **Netley Abbey Runners** to use any photographs, video footage, or any other record of this for any legitimate purpose. I understand that personal music players are not allowed for use in this run, and I will ensure the child abides by this guideline.

Child's Name: _____

Child's D/O/B : _____

Child's Age : _____

Parent's or Guardian's Name: _____

Parent's or Guardian's Signature: _____

Date: _____