



WEST BAY
ELEMENTARY

Informed Consent: Cross Country Running Grades 3-7

Your child has expressed an interest in joining the West Bay Cross Country Running Team which is available for students in Grades 3-7. The season will consist of morning practices at West Bay and three meets at Ambleside.

Practices will occur Monday and Friday mornings at 8:15 AM starting from September 9th to September 30th. Practice areas include running along Westmount Place and on the sidewalks along Westmount Road and Thompson Crescent.

Students are expected to attend practices to ensure they are well prepared to run in the meets. Parents are responsible for their child’s transportation to and from the cross country meets. Athletes should be taken to Ambleside Park (across from the concession stand) by 3:30 p.m. on the following Tuesday afternoons: September 17th, September 24th, and October 1st. The meets are scheduled to end by 4:30 PM; however, your child may be finished earlier depending on their start time.

Please return the form below to the school office by Friday, September 13th. Please also make payment via **School Cash** of \$10.00 to pay for field rental and other District costs associated with Cross Country.

Sincerely,

West Bay Coaches



Permission Form: Cross Country Running 2024

Accidents can be the result of the nature of the activity and can occur with or without fault on either the part of the student, or the school board or its employees or agents, or the facility where the activity is taking place. By allowing your child to participate in this activity, you are accepting the risk of an accident occurring, and agree that this activity, as described above, is suitable for your child.

I give permission for my child _____ in Grade ____ to attend West Bay Cross Country running practices on Monday and Friday mornings and participate in the Meets at Ambleside. I understand that my child will be running both on and off the West Bay School site.

Parent Signature _____ Parent Phone: _____

Date _____

- I understand that I am responsible for both my child’s transportation to Ambleside Park on Tuesday, September 17th and 24th and October 1st *and* for their supervision at the meet.
- I am available to volunteer at morning practices (Mondays or Friday at 8:15-please circle one/both)
- I am available to volunteer (circle all that apply) at the cross country meet on:

September 17th

September 24th

October 1st