



Coach/Volunteer Packet



Coach training Date: _____ First Time Coaching: Yes No Coaching Site/School: _____

CPR Expiration date: _____ **Please attach a copy.** Coaching (*please circle*): STRIDE GOTR

Name: _____ Birth Date: _____ T-shirt: S M L XL XXL

E-mail: _____ Home Phone: _____

Home Address: _____ Cell Phone: _____

City: _____ State: _____ Zip Code: _____

Emergency Contact:

Contact #1: _____ Work Phone: _____ Mobile Phone: _____

Relation to Volunteer:

Allergies (please list any/all allergies Volunteer has experienced):

Medications (please list any/all medications Volunteer is currently taking):

General Questions (If "YES", please explain below):

| QUESTION | YES | NO | QUESTION | YES | NO |
|---|-----|----|---|-----|----|
| 1. Had any recent injury, illness or infectious disease? | | | 16. Ever had german measles? | | |
| 2. Have a chronic or recurring illness/condition | | | 17. Ever had hepatitis? | | |
| 3. Ever been hospitalized? | | | 18. Ever had back problems? | | |
| 4. Ever had surgery? | | | 19. Ever had problems with joints? | | |
| 5. Have frequent headaches? | | | 20. Ever had chest pain during or after exercise? | | |
| 6. Ever had a head injury? | | | 21. Have any skin problems? | | |
| 7. Ever been knocked unconscious? | | | 22. Have diabetes? | | |
| 8. Wear glasses, contacts or protective eyewear? | | | 23. Have asthma? | | |
| 9. Ever passed out during or after exercise? | | | 24. Had mononucleosis in the past 12 months? | | |
| 10. Ever had frequent ear infections? | | | 25. Had problems with diarrhea/constipation? | | |
| 11. Ever been dizzy during or after exercise? | | | 26. Ever had an eating disorder? | | |
| 12. Ever had seizures? | | | 27. Ever had high blood pressure? | | |
| 13. Have orthodontic appliance being brought to school? | | | 28. Ever been diagnosed with a heart murmur? | | |
| 14. Ever had emotional difficulties for which professional help was sought? | | | 29. Ever had chicken pox? | | |
| 15. Ever had measles? | | | 30. Ever had mumps? | | |
| | | | 31. Had first menstruation? | | |

Please explain any "yes" answers, noting the number of the questions:

Insurance Information:

Is Volunteer covered by insurance? YES NO Carrier/Plan Name: _____

Name of Insured: _____ Group #: _____

Relationship to Volunteer: _____ Policy #: _____

Preferred Hospital Provider:

Physician's Name: _____ Phone: _____

Dentist's Name: _____ Phone: _____

**Wilmington Family YMCA
RELEASE AND WAIVER OF LIABILITY
AND INDEMNITY AGREEMENT**

In consideration for being permitted to utilize the facilities, services, and programs of the YMCA for any purpose, including but not limited to observation or use of facilities or equipment, or participation in any program affiliated with the YMCA, without respect to location, the undersigned hereby

- 1. RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releases") from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned while the undersigned is in, upon, or about the premises or any facilities or equipment therein, or participating in any program affiliated with the YMCA, without respect to location.
- 2. AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA.
- 3. ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE while in, about, or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.

THE UNDERSIGNED further expressly agrees that the forgoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of North Carolina and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.

I HAVE READ THIS RELEASE

_____/_____/_____
date signature

Race Wavier:

In consideration and acceptance of my participation in any races associated with GOTR or STIRDE, I, my heirs and my assigns waive any and all claims to which I may become entitled and hereby release the Wilmington Family YMCA, all other organizations, organizers, sponsors, representatives, their agents and employees and any other person(s) assisting in putting on the event from any and all claims for damages or injury incurred by me as a result of my participation in or traveling to or from this event. I further state that I am in proper physical condition to complete the run. I also give my permission for the free and unrestricted use of my name and picture in a broadcast, telecast, or written account of the event.

Signature

Date

Background Check Authorization Form

I hereby authorize the Wilmington Family YMCA, Girls on the Run International, and its agents to conduct a comprehensive review of my background causing a consumer report, MVR, criminal history, and other reports as deemed necessary by Girls on the Run and the Wilmington Family YMCA. I understand that the scope of the consumer report/investigative consumer report may include but is not limited to verification of social security number; current and previous addresses; employment history; education; character references; criminal history for all jurisdictions; motor vehicle records; drug screening; and all other public documents required. I further authorize any individual company, firm, corporation, or public agency to divulge any and all information, verbal or written, pertaining to me to the Wilmington Family YCMA for Girls on the Run International and its agents. I also understand that this authorization, in original or copy form, authorizes the Wilmington Family YMCA and Girls on the Run International to obtain and consider such reports regarding me at any time when considering my potential or continued involvement with the Wilmington Family YMCA and Girls on the Run International, both now and in the future.

I acknowledge that I have read the information contained on this form carefully. I also certify that all of the information provided by me on the attached data sheets is true and complete to the best of my knowledge. I further understand that any omission of fact or false or misleading information given on the attached data sheets may result in the termination of my employment / engagement / volunteer status at Girls on the Run and STRIDE, as applicable. I hereby release The Wilmington Family YMCA, Girls on the Run and its officers, directors, employees and other agents, and all other persons, employers, businesses, schools, consumer information agencies, records search firms and other entities, of and from any and all potential liability arising from inquiries by employment / engagement / volunteer status at Girls on the Run and its agents concerning the background checks described above and/or the compilation or use of such information and reports regarding me. I understand that I may request a complete and accurate disclosure of the nature and scope of the background verification; to the extent such investigation includes information bearing on my character, general reputation, or personal characteristics.

Required Information:

| | | |
|--------------------------|--------|-------------|
| Full Name: | | |
| Maiden/Other | | |
| Date of Birth: | | |
| Driver's License Number: | State: | Expiration: |

Date: _____

Signature: _____

Print Name: _____

FOR GOTR COACHES ONLY (next 2 forms):

I am a volunteer coach with Girls on the Run. I understand that during the program, I will be involved in outdoor physical activities. Physical reactions to exercise may include heat-related illness, abnormal heartbeats and blood pressure and, in rare instances, events such as heart attacks. While Girls on the Run takes all reasonable precautions, we can make no guarantees regarding these and other risks. Recognizing the risks of the program, and in consideration for volunteering in the program, I hereby release, discharge and agree to hold harmless, and to indemnify each of Girls on the Run of the Coastal Carolinas and Girls on the Run International, their owners, directors, officers, contributors, sponsors, employees, contractors, agents and assigns against and from any causes of action, claims, demands, damages, costs, loss of services, expenses, compensation, all consequential damages and attorneys' fees (regardless whether pursuant to the laws of any county, state or country) claimed by, through or on behalf of me or the Participant/Volunteer related directly or indirectly to the program (including without limitation the 5k race), and specifically including any and all claims for personal injuries sustained while participating in program activities without regard to negligence or negligent conditions.

In addition, I hereby authorize Girls on the Run of the Coastal Carolinas if after a reasonable attempt has been made to reach a parent, guardian or emergency contact to obtain consent, or if sound medical practice decrees that there is not time to make such an attempt, to consent to any x-ray examination, anesthetic, dental, medical or surgical diagnosis or treatment, and hospital care, to be rendered under the general or special supervision and on the advice of any physician or surgeon who may treat the Participant/Volunteer, and consent to any x-ray examination, anesthetic, dental, medical or surgical diagnosis or treatment and hospital care, to be rendered to the Participant/Volunteer by any health care professional who may treat the Participant/Volunteer. I agree to pay for any such treatment and to reimburse Girls on the Run of the Coastal Carolinas for all costs and expenses it may incur related to such treatment.

I hereby grant to Girls on the Run the absolute and irrevocable right and permission, in respect of the photographs and videos that have been or will be taken of the or in which I may be included with others, to copyright the same, in the name of Girls on the Run or otherwise; to use, re-use, publish, and republish the same in whole or in part, individually or in conjunction with other photographs and videos, and in conjunction with any printed matter, in any and all media now or hereafter known, and for any purpose whatsoever; and to use my name in connection therewith. I hereby release and discharge Girls on the Run from any and all claims and demands arising out of or in connection with the use of the photographs and videos, including without limitation any and all claims for libel or invasion of privacy.

I expressly agree that this consent is intended to be as broad and inclusive a release of liability as permitted by applicable law and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. I hereby warrant and represent that I am 18 years old or older; I have carefully read this consent and agree to its terms and conditions, that before signing this agreement I had the chance to ask questions; and I am aware that by signing this consent, I assume all risks and waive and release certain substantial rights that I may have or possess against Girls on the Run. To the extent permitted by applicable law, I hereby irrevocably and unconditionally waive trial by jury in any legal action or proceeding related to this agreement.

I have fully read the above permissions and releases, understand them, and I expressly agree to them. I hereby certify that there are no contraindications to my volunteer participation in the Girls on the Run program. I am a volunteer, and this permission and release is binding on me and my executor, administrators and heirs.

Volunteer's Name (please print): _____ Date: _____

Signed by Parent or Guardian: _____ Date: _____

Non-Compete Clause

I, _____ [print], as a volunteer of Girls on the Run of Coastal Carolina agree to the following:

1. I will not deliver the Girls on the Run International program or any similar program unless I am working as an employee or volunteer of a Girls on the Run Council.
2. I may not create or help develop a program that has similar goals and structure to that of Girls on the Run International within a two-year period of my involvement with Girls on the Run of (council name).
3. I understand that all printed materials given to me are under copyright and may not be reproduced in any way unless written permission is received.
4. I will abide by the logo usage guidelines and obtain approval from the Girls on the Run International staff if I am unsure of its use.

Girls on the Run Volunteer Signature

Date