



New Fairfield Flash Fall Cross-Country 2020



INFO & REGISTRATION FORM

Program Info

When: Sept 14th – early Nov. Practice M/W/F 4:30-5:45
Where: NFHS, meet near track
What: middle school cross-country running & conditioning;
 meets vs. other middle school clubs; no experience necessary
Who: New Fairfield and Sherman boys & girls, grades 5-8
Cost: \$125 (includes long sleeve t-shirt)
 \$50 uniform if needed (singlet & shorts)

About New Fairfield Flash Track

Founded 2002, non-profit 501(c)(3)

Experienced, encouraging, volunteer coaching staff
 Fall Cross-Country, Spring Track & Field
 New Fairfield & Sherman Middle Schoolers

Instructions:

Print this form, fill it out and bring it to practice with a check ("New Fairfield Track Club"). or mail both to PO Box 8446, New Fairfield CT 06812

Meets:

- **October 7th: Home meet vs Bethel**
- **October 14th : at Bethel**
- **Possible League and State Meets - TBD**

2020 Flash XC

Athlete Name	T-Shirt Size
Address	Need Uniform? Shorts size Shirt size
Phone	Birth Date Gender Grade (in fall)

E-Mail(s)

Parent/Guardian Name

Emergency Contact and Phone

Special Needs, Allergies, Medical/Physical conditions

I _____, parent/guardian of _____,
 do hereby indemnify all organizers, coaches and athletes associated with the Western Connecticut
 "Flash" Track Club and any competing teams and partners. I understand this is an independent club
 and not a town or school-sponsored activity and, regardless of practice/event site, no municipality
 sanctions this organization.
 I confirm that my child is physically sound and medically cleared to participate in Track events and is
 playing by his/her own choice and with my expressed permission.
 I further understand that anyone involved with this club is doing so on a voluntary basis, including
 coaches, advisors and car pool drivers. **Please see 2nd Page regarding COVID-19.**

Parent/Guardian Signature (required)

Print name here

questions? Please email: info@nf-flash.org



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Waiver of Liability

Parent Permission and Waiver of Liability for Student Participation in New Fairfield Flash Track and Cross-Country Programs

By signing below, I give permission for my child, _____ to participate in the Fall 2020 Flash Cross Country program

Initials I acknowledge that federal and state government officials have declared that there currently exists a public health crisis in our country related to the coronavirus disease (COVID-19).

Initials I confirm that I will not permit my child to participate in this program if, at any time during the program my child is showing symptoms of COVID-19, including but not limited to fever, dry cough, fatigue, shortness of breath, chills, and muscle pains. Additionally I confirm that I will not permit my child to participate in the program if, at any time during the program, my child has been in contact with any individual diagnosed with COVID-19, or any individual currently waiting for test results confirming the diagnosis of a suspected case of COVID-19. I agree that in such situations my child will be unable to participate in the program until: (i) 14 days after the symptoms first appeared any my child is no longer showing any symptoms; or (ii) a healthcare provider has confirmed in writing that my child has tested negative for COVID-19 or that my child's symptoms were not due to COVID-19

Initials I understand that the Flash Cross-Country program cannot prevent the possible transmission or contraction of COVID-19 for my child

The undersigned agrees to release, discharge, hold harmless and indemnify the New Fairfield Cross Country Program and others acting on the program's behalf, of and from any and all claims, demands, causes of action and/or legal liabilities for injuries to or death of my child occurring during, or resulting from, or participation in the above mentioned program and related in any way to COVID-19, even if the cause, damages, or injuries are alleged to be the fault of, or alleged to be caused by the negligence or carelessness of the Releasees

Signature: _____ Date: _____
(Parent or legal guardian)

Signature: _____ Date: _____
(Student / Participant)

questions? Please email: info@nf-flash.org