

*Cross Country Runners,*

*Village Fitness in Medford (the fitness center next to Tinseltown movie theater) has been kind to open their doors to our Phoenix HS Cross Country team to train in during times when smoke prevents us from being able to run outdoors. Use of the gym under such circumstances is free. Just tell them you're with Phoenix Cross Country.*

*However, they will need a waiver (below) on file for each student-athlete in order to do so. Please print this, and have your folks accompany you on your first day to Village Fitness so they can sign it.*

*If the staff at Village Fitness have any questions, they can contact I (contact info below) or Ali Schirra (Member Experience Director).*

*Coach Cornet*



#### WAIVER OF LIABILITY FOR GYM USE

I/We hereby understand and acknowledge that the training, programs and events help by the Village Fitness may expose me to many inherent risks, including accidents, injury, illness, or even death. I/We assume all risk of injuries associated with participation including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and all other such risks being known and appreciated by me.

I/We hereby acknowledge my responsibility in communicating any physical and psychological concerns that might conflict with participation in activity. I/We acknowledge than I am physically fit and mentally capable of performing the physical activity I choose to participate in.

After having read this waiver and knowing these facts, and in consideration of acceptance of my participation and the Village Fitness furnishing services to me, I agree, for myself and anyone entitles to act on my behalf, to HOLD HARMLESS, WAIVE AND RELEASE the Village Fitness, its officers, agents, employees, organizers, representatives, and successors from any responsibility, liabilities, demands, or claims of any kind arising out of my participation in the Village Fitness training, programs and/or events.

By my signature, I/We indicate that I/We have ready and understand this Waiver of Liability. I am aware that this is a waiver and a release of liability and I voluntarily agree to its terms.

Participant's Name (please print): \_\_\_\_\_

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

In Case of Emergency, contact (print): \_\_\_\_\_ Phone: \_\_\_\_\_

(Parent's signature needed if participant is under 18 years of age)

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coach's Contact Information: *John Cornet (Head Coach), 541-535-5232 cell  
Cross Country Team, Phoenix High School  
John.Cornet@Phoenix.K12.Or.Us*