

## Running Club Rules and Permission Form

1. Students **must have a physical form** completed by their doctor prior to participating in the Running Club.
2. Students **must wear sneakers and appropriate clothing for the weather**. We will be outside as long as the weather permits.
3. Students **must check in and out** with Ms. Luscombe or Mrs. Stratton.
4. Students will make a **positive effort** to run or walk for at least 30 minutes.
5. Once we are outside, students may not re-enter the building unless they are **escorted by an adult**.
6. If we run inside the building, students must stay in the hallways (**not allowed in classrooms without an adult**).
7. Students need to stay in **designated areas**, preferably with a buddy.
8. **Cell phones** are used to listen to **music ONLY** (with headphones or earbuds). No photographs or social media.
9. Students must be **respectful** of school grounds, property, and most importantly - each other.
10. If a student is frequently warned about their behavior, they may be dismissed from the Running Club.

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I agree with the above mentioned rules.

Student Name (please print) \_\_\_\_\_

Student Signature \_\_\_\_\_

Circle which grade you are currently in:    **6**        **7**        **8**

Completed Physical s submitted to the nurse's office?        **Yes**        **No**

**Parents/Guardians: Continue to second page**

Parents/Guardians please complete

How will your child ***usually*** get home?

Please circle: **late bus**      **walk**      **\*picked up**

**\*Please note, if your child is not picked up by 4:10 pm, they will need to take the late bus home.**

Please indicate any physical conditions that you think we should be aware of:

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This is to certify that we, the undersigned, have given our child \_\_\_\_\_, permission to participate in the Running Club at Voorhees Middle School. We realize there are certain physical hazards connected with this activity and are willing to assume all responsibility for their safety.

Parent/Guardian (print) Name

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Parent/Guardian Signature

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