

Joliet Township Morning Walker Program

Begins on January 20, 2009

- Hours- 5:30 a.m.-7:00 a.m. (M-F when school is in session)
- Participation is limited to persons 18 years of age or older.
- Parking will be in designated areas at each Campus
- On the day of walking, please -check in at the Field House entrances. West walkers must pre-register at the main office prior to first visit. Central walkers may register at the field house on their first visit. Please see instructions on following pages.
- Walking program is limited to the Field House track area.
- All participants must complete the **WAIVER RELEASE OF ALL CLAIMS AND HOLD HARMLESS AGREEMENT FOR JOLIET TOWNSHIP HIGH SCHOOLS.**
- After use of the facility, participants are asked to clean up after themselves.
- Water is allowed in the facility. No food, coffee, soda or power drinks in the Field House area, please.
- There is no smoking or other use of tobacco permitted on school grounds.
- There are bathrooms available for changing but no shower facilities available for use.
- Classes at Joliet Township begin at 7:20 a.m. All participants are required to vacate the facility prior to the start of classes.

WAIVER RELEASE OF ALL CLAIMS AND HOLD HARMLESS AGREEMENT
FOR JOLIET TOWNSHIP HIGH SCHOOL DISTRICT 204

Please read this form carefully and be aware that, in signing up and participating in the Walker Program, you will be waiving and releasing all claims for injuries, arising out of or in any way connected to your participation in this program, that you or the other named participants might sustain. The terms "I", "me" and "my" also refer to parents or guardians as well as participants in the program. In registering for this program you are agreeing on your own behalf and on behalf of your agents, assigns, heirs, executors and anyone else authorized to act on your behalf as follows:

As a participant in this program, I recognize and acknowledge that there are certain risks of physical injury, including death, and I agree to assume the full risk of any injuries, damages or loss that I may sustain as a result of participating in any manner, in any and all activities connected with or associated with this program. I further recognize and acknowledge that all athletic activities involving strenuous exertion or potential body contact are hazardous recreational activities and involve substantial risks of injury.

I agree to waive and relinquish any and all claims I may have as a result of participating in these programs against Joliet Township High School District 204, any and all other participating or cooperating governmental units, any and all independent contractors, officers, agents, servants and employees of the governmental bodies and independent contractors, and any and all other persons and entities, of whatever nature, that might be directly or indirectly liable for injuries that I might sustain while participating in this program. (The parties described in the preceding sentence are referred to as "release parties" in the remainder of this agreement.)

I do hereby fully release and discharge Joliet Township High School District 204 and other released parties from any and all claims for injuries, damage or loss that may have or which may accrue to me on account of my participation in this program.

I further indemnify, hold harmless and defend Joliet Township District 204 and all other released parties, from any and all claims resulting in injuries, damages and losses sustained by anyone, and arising out of, connected with, or in any way associated with my conduct and the activities of these programs.

I further understand and agree that the terms such as "participant", "programs", and "activities", referred to in this agreement include all exercises and physical movements of any nature while I am participating in this program and further include the provision of or failure to provide proper instruction or supervision, the use and adjustment of any and all machinery, equipment, and apparatus, and anything related to my use of the services, facilities, or premises involved in these programs, and transportation to and from any events.

I understand the nature of these programs for which I am registering, and have read and fully understand this Waiver, Release, and Hold Harmless Agreement. I represent and warrant that I am mentally competent and under no condition or medication that would prevent me from fully understanding the contents of this Agreement and that I have voluntarily signed below. I further understand that any advisements or warnings of the particular risks of these programs that I subsequently receive will be incorporated by reference into and become a part of this agreement.

Name _____

Signature _____

Date _____

Participant No. _____

JOLIET TOWNSHIP HIGH SCHOOL DISTRICT 204 WALKER PROGRAM

AGREEMENT FOR PARTICIPATION

Name _____

Address _____ City _____

Telephone No. _____

Emergency Contact _____ Telephone No. _____

1. Refer to back page and read the Waiver carefully before signing.
2. Before you start any exercise program, it is advisable that you consult with your doctor to determine if it is medically advisable for you to participate in this program.
3. You must wear some type of exercise shoe (one that will not damage the field house floor). Walking or jogging shoes are recommended.
4. At your discretion, stretching exercises and a warm up period may take place prior to walking and a cool down period may take place after your exercise. Consult your physician for advice.
5. You must check in at the field house entrance.
6. All walking and jogging must be done on the outside two lanes (lanes 5 & 6).
7. Your walking pass does not entitle you to join or participate in any other program going on in the facility.
8. While you are walking/jogging, please be very careful of other programs. Periodically, a ball or participant may cross your path.
9. All Joliet Township District 204 Board of Education policies must be followed including, but not limited to, no smoking on school property and no hats worn inside the building.

Participant

Date

Printed Name

West campus morning walker program information:

- Morning walking/jogging hours will be from 5:30 a.m. until 7:00 a.m. Monday through Friday on days that school is in session.
- Participants must register for the walker/jogger program prior to their initial visit. Individuals interested in participating should visit the West campus main office between 7:15 a.m. and 3:45 p.m. on a day school is in session. At this time, participants will complete the appropriate paperwork and receive their identification card.
- Future visits to the facility will only require presentation of a valid walker/jogger identification card.
- Participants will receive parking information when they come in to register.

Joliet Central High School **Morning Walker Procedures**

Enrollment

- Participants in the early morning walker program shall complete the following prior to using District 204 facilities:
 - Sign agreement for participation
 - Sign waiver release
 - Show a current picture ID (State ID, Drivers License or other picture ID)
 - Be screened using the raptor system
 - Take a program participant photo ID – No participant will receive this until all of the above is completed
 - The program ID will be used thereafter and be renewed upon request on a school year basis
 - Sign in each time they enter and leave

Parking

- Participants will park in staff lot D (Walgreens lot) in designated visitor parking spaces only.

Entry into Field House

- Participants will enter through F Door – East side atrium doors of the field house
- Participants will check in at security station adjacent to F Door to fill out required paperwork or check in if previously registered.
- Participants are not allowed to enter the main building without permission at any time