



NRXC Cross-Country Camp Permission Slip & Waiver

A. Camp Description:

The team will travel to Camp Lomondi near North Fork Park in Ogden Valley. This is about 1 hour's drive from Northridge High School. **Individual athletes will be responsible to coordinate their own travel to and from camp.** Camp will begin at ~1:00 PM on July 23, 2025, and will conclude at ~11:00 AM on July 26, 2025. All food will be provided. Students will sleep in tents. Boys and girls will be separated in different camp sites. A lodge will be available for meals, team meetings, and possibly to house coaches and parent volunteers (otherwise they will need to bring their own tent/sleeping accommodation).

The activities at the camp will consist of team meetings and goal setting sessions, training runs (one on Wednesday, a race on Thursday, two on Friday, and one on Saturday morning), a talent show or movie night, and floating the Weber River and a day at Pineview Reservoir. For invited varsity/experienced athletes there is an option for an early Saturday morning run to Ben Lomond Peak.

B. Student Information:

Athlete Name: _____ (***Participant***)

Athlete Phone: _____

Parent/Guardian Name: _____ (***Parent/Guardian***)

Parent/Guardian Phone: _____

Health Insurance Company: _____

Insurance Policy Number: _____

Medications (if any): _____

Health Concerns (if any): _____

I, the undersigned, am either the Participant named above or the parent and/or legal guardian (***Parent/Guardian***) of the minor Participant named above. I acknowledge and understand that that nature of the camp has been disclosed to me and I am familiar with that activities that will take place.

I. Authorization of Participation and Assumption of Risk

I will participate, or I authorize Participant to participate, as the case may be, in NRXC's 2025 Summer Cross-Country Camp. I represent and warrant that Participant does not have any medical conditions that would prevent him or her from safely participating in NRXC's 2025 Summer Cross-Country Camp and that participation in NRXC's 2025 Summer Cross-Country Camp can include foreseeable and unforeseeable risks and other hazardous activities inherent in such activities, which may expose the

participant to illness, injury, or death. Participant or Parent/Guardian freely and voluntarily participates or allows participation in NRXC's 2025 Summer Cross-Country Camp with the knowledge of the dangers involved and hereby agrees to assume and accept all risks associated therewith.

II. Waiver, Release of Claims, and Indemnification

Participant or Parent/Guardian of Participant further understands and acknowledges that none of NRXC, Northridge High School, Davis School District, or any of their coaches, teachers, employees, contractors, and parent volunteers (collectively, the "Releasees") are insurers of Participant's behavior, actions, or participation in NRXC's 2025 Summer Cross-Country Camp, and the Releasees assume no liability whatsoever for personal injury or property damage suffered Participant or by third persons arising out of participation in NRXC's 2025 Summer Cross-Country Camp. Participant or Parent/Guardian hereby agrees to release, waive, covenant not to sue, indemnify, and hold harmless the Releasees from any and all (i) liability, claims, demands, actions, and causes of action of any kind or nature whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by Participant (or by third parties as a result of Participant's actions or omissions), and (ii) loss or damage to any property belonging to Participant or third parties arising out of or related to participation in NRXC's 2025 Summer Cross-Country Camp, and excepting only such loss, damage or injury as may be caused by the sole negligence of any Releasee.

III. Terms and Conditions

Participant of Guardian/Parent of Participant agrees that the site of any lawsuit arising out of or related to participation in the Program shall be in Utah and that this Agreement will be governed by and construed in accordance with the laws of the state of Utah, without application of any principles of choice of law. Participant shall pay any attorney fees or costs incurred by the Releasees in enforcing this Agreement. If any portion of this Agreement is held to be invalid by a court of competent jurisdiction, then it is agreed and intended that all the remainder shall, notwithstanding, continue in full force and effect.

[Remainder of Page Intentionally Left Blank—Signature Page to Follow]

Athletes age 18 and older should sign on their own behalf. Parent/Guardians should sign on behalf of athletes younger than age 18.

I am signing this Agreement for myself as Participant. I acknowledge that I am eighteen (18) years of age and that I understand the terms of this Agreement. I also acknowledge that this Agreement shall bind my heirs and personal representatives.

Participant:

(Signature)

(Date)

I am signing this Agreement on behalf of a minor Participant. I acknowledge that I am the Guardian/Parent of the Participant and that I understand the terms of this Agreement. I also acknowledge that these terms shall bind my heirs and personal representatives and the heirs and personal representatives of Participant.

Parent/Guardian of Participant:

(Signature)

(Date)