



Washington Primary School's Walk for Water with Parkour!

Dear Families,

Parkour is back with their ninja warriors on April 27th!

Know Obstacles, a partner in H2O for Life Project, will bring a Parkour experience to students to illustrate how people across the world overcome real life obstacles like the water crisis, and to recognize the support that WPS community has shown for EZ Kabane High School in South Africa.

What is Parkour?

Parkour is a method of physical training that develops one's ability to overcome obstacles (both physical and mental). Their philosophy is one of altruism and useful strength, longevity, self-improvement and self-understanding.

Our ninja warriors will create varying obstacle courses for our K-5 students. Coaches and parent volunteers will guide the students through the obstacle courses. Their priorities are 1) Safety, 2) Fun, 3) Challenge.

For K-2:

Jumping spots, balance beams, climbing waist under and over things around 3 feet high.

For 3-5:

Jumping spots where distances are spread out a little more, balance beams, use of ninja steps to bounce off of instead of climb across

If you would like your child to participate in this adventure, please sign and return the attached release form by **April 25th**. If you have any questions, please contact Becky Bottari at bottarir@region-12.org.

Sincerely,

Becky Bottari and Jennifer Rotunda, Coordinators

The Movement Creative

Assumption of Risk, Release of Liability, and Hold Harmless Agreement

I, the undersigned (the "Participant") hereby voluntarily request to participate in the event identified above (hereinafter "event(s)").

- I am familiar with the concept of Parkour and the physical demands involved, which include running, climbing, jumping, vaulting, and other strenuous actions sometimes involving height, speed, and unpredictable surfaces. I understand that Parkour is a high-impact, full-body activity which requires intense focus, awareness of my body's strengths and limitations, awareness of the environment around me, and extreme caution at all times. I understand that I must exercise good judgment at all times in order to remain safe, including stopping immediately if I feel lightheaded, faint, weak, or in pain. If at any time I feel I cannot continue to participate safely for any reason, whether because of a physical condition, the actions of myself or others, or any other reason, I must immediately discontinue involvement and do not depend or rely on the direction of the event coordinator, affiliated or contracted parties to do so. As with any strenuous physical activity, I am aware that I must take any and all necessary precautions, including but not limited to seeking advice from my physician, prior to taking part in the Events.

- I understand and acknowledge that participation in the Events may involve risk of serious injury or death, including injuries which may result not only from my own actions, inactions, or negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the Events are conducted, and/or the physically strenuous nature of Parkour. I or my Parent or Guardian, where applicable, warrant and promise that I assume full responsibility for my conduct and safety at all times, whether or not in actual participation and/or at the Events site.

- I certify that I am in good health and have no physical condition that would prevent participation in the Events or put me at greater risk for injury. I agree that all activities undertaken at the Events are conducted at my own risk. Furthermore, I agree to use my personal medical insurance as primary medical coverage payment, if accident or injury occurs, without seeking any recoveries from Releases or Releases insurers. I consent to emergency medical treatment in the event such care is required. Knowing and understanding the risks involved with participation in the Events, I hereby voluntarily and willingly assume responsibility for all risks and dangers associated with my participation in the Events.

- In consideration of my participation in the activity, I hereby waive all claims or causes of action against The Movement Creative, John Rosenberg, Caitlin Pontrella, their agents, volunteers, other participants, any sponsors, advertisers, and if applicable, owners and lessors of the premises on which the Events take place (collectively and hereinafter "Releases").

- I agree and covenant to indemnify and hold harmless Releases from all liability, claims, demands, losses, or damages on my account, whether caused or alleged to be caused in whole or in part by the negligence of the Releases or otherwise, and agree that if, despite this release, waiver of liability, and assumptions of risk, I or anyone on my behalf, makes a claim against any of the Releases, I will indemnify, save and hold harmless each of the Releases from any loss, liability, damage, litigation expense, attorney fees, or costs they may incur as the result of such a claim.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND HOLD HARMLESS AGREEMENT. I FULLY UNDERSTAND ITS TERMS, AND I UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME, AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY THE LAW.

Participant Name: _____

Participant Signature: _____ Date: _____

Emergency Contact Name & Phone Number: _____

IF PARTICIPANT IS UNDER 18:

Name of Parent or Legal Guardian _____

Signature of Parent or Legal Guardian: _____