



runjumpthrow

athletics canada

BC Athletics RunJumpThrow Activities At the **BC Hall of Fame**

Created by Athletics Canada and delivered by BC Athletics as the **grassroots development program** for our sport, this FUNdamentals program teaches the technical skill progressions for track and field events for boys and girls ages 6-12.

Join us July 23rd, 2008 at The BC Hall of Fame in BC Place for a special RunJumpThrow participation event. Kids will have fun learning Running, Jumping and Throwing skills from trained instructors using safe and age appropriate equipment.



Release of Liability and Indemnification ONE FORM PER FAMILY

I hereby give permission for my child(ren) to participate in the BC Athletics RJT Program July 23rd at BC Hall of Fame In return for my child(ren)'s voluntary participation, I agree to release the organizers of responsibility for any injuries, claims, demands, actions or costs that might arise out of my child(ren)'s participation in this Program.

Furthermore, I agree to hold harmless and to indemnify the organizers, the program sponsors and funding agencies from and against all such injuries, claims, demands, actions or costs.

For the purposes of this agreement, I understand organizers to mean: Athletics Canada, BC Athletics, owners/operators of the facility where the program is taking place, and each of their respective directors, officers, employees, coaches, officials, volunteers, members and representatives.

Acknowledgement

This is a legal agreement. It is binding upon me as well as upon my heirs, executors and representatives. I have read and understood its terms and by signing it voluntarily I am agreeing to abide by these terms.

Name of Participant: _____ Age: _____M/F (circle one), Aboriginal Descent: Y/N

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School: _____ City: _____ Phone: _____

Printed Name of Parent/Guardian: _____

Signature of Parent/Guardian: _____ Date: _____, 2008.



Did you know?

- ◆ There is a "critical period" of motor skills development in youth that if missed will limit a child's athletic potential for the rest of his/her life. For girls this window of opportunity is 8-11 years of age and for boys it is 9-12 years of age.
- ◆ The skills of running, jumping and throwing form the basis of all land based sport and as such, **RunJumpThrow** is a core program that all youth can benefit from.

RJT stresses:

- Skills of RUNNING, JUMPING and THROWING in age appropriate sequential progressions
- Individual improvement and positive reinforcement
- FUN in a SAFE and ACTIVE learning environment
- Equal opportunities for girls and boys and adaptations for special needs and disabilities
- Improvement in physical and emotional well being

FOR INFORMATION ON:

- Instructor courses offered to schools, clubs and communities
- Promotional presentations and Inservice delivery to Schools
- Summer Sports Camps

CONTACT: BC Athletics 604 333-3554 email: runjumpthrow@bcathletics.org website: www.bcathletics.org



RUNJUMPTHROW CONSENT FORM AND RELEASE BC ATHLETICS, ATHLETICS CANADA

I, _____ hereby give consent to BC Athletics and Athletics Canada to take photographic, digital and video images of my child(ren), _____, executing Run Jump Throw basic track and field drills and techniques, and to transmit, disclose, publish and sell such images for instructional, promotional, advertising and marketing purposes, in any format or media. This consent will remain in effect in perpetuity.

I understand that my child(ren) will not be identified by name in any transmission, disclosure publication or sale of these images. I further understand that neither my child(ren) nor myself will be entitled to any compensation for the use of these images.

I hereby release BC Athletics and Athletics Canada from liability for any and all claims, demands, actions or costs that might arise out of the taking, transmission, disclosure, publication or sale of these images.

Printed Name of Child Participants: _____

Printed Name of Parent/Guardian: _____

Signature of Parent/Guardian: _____ DATE: _____ 200__.

This project is part of the BC Sport Participation Program, supported by:



National
Coaching
Certification
Program

