



Boulder Track Club
info@bouldertrackclub.com

BOULDER TRACK CLUB TRAINING GROUP PROTOCOL/ WAIVER

The Boulder Track Club was formed in 2011 and is a 501c(3) not for profit organization located in Boulder, Colorado. It is also registered with USATF CO (Member No: 32-0348), the national governing body for track and field in the USA.

Our aim is to create an identifiable running club within the community that caters to individuals of all ages, abilities and running preference. Whether it is Track, XC, Road, Mountain, Ultra or Trail running, the BTC's role is to unite everyone under one umbrella of representation through the sport of running.

Our mission statement and by-laws set a minimum standard of what we expect all our members to abide by. With a club structure now involving over 200 individuals from youth through to our high performance team and everyone in-between that are participating in any one of our numerous training and representative groups, it is important that we make sure every member gets the same level of attention from our coaches that they deserve and equally important is that our coaches are looked after to do the job that they really love to do.

Not one athlete or person in a training group is more important than someone else and below are some guidelines that we want every BTC member to acknowledge so that it keeps all training groups harmonious and allows coaches to work with everyone in their group.

- **Make sure you know the exact time of the workout session. If it is warmed up and ready to start at 7AM, that is the rule for all. Don't think that being 10mins late does not affect someone else in the group who may be on a strict deadline to be at their work by 8AM. Every minute is important to some people.**
- **Make sure you know where the workout is. Our coaches send emails that list the locations of their sessions.**
- **Make sure you know exactly what the workout is. The time the coach spends to stop and explain this to you is time lost to getting the session started on time.**
- **Your coaches have a life outside of coaching. This usually involves work, family, their own training and friends. Make sure you are respectful of that if they have not responded to you within 5 mins of your email, text or phone call.**
- **Following on from the above point, please make sure that contact with your coach is kept specific and to a minimum. For eg: Don't be sending 20 text messages when a 60sec phone call or 1 email could have conveyed your message better and clearer.**
- **Please refrain from making contact with coaches between the hours of 10PM and 6AM.**
- **Stick to the plan. Don't come to training wanting to coach the coach and change your training session! Our coaches invest a lot of time into you and mapping out your training and racing programs so make sure you invest into the plan.**
- **Make sure you always communicate to the coach first in regards to your training and coaching and not fellow team members.**
- **We understand that not everyone has a friendship with each other outside of the training group. It imperative to make sure regardless of this, that everyone within the group is respected and it is a training group firstly and for mostly.**
- **Following on from the above point, in all your social media exchanges realize there is a difference between a BTC Club/ or BTC Training Group event or function as opposed to going out with some friends within your group. If everyone within your training group DID NOT get the invite, then it is NOT a BTC Club/ or BTC Training Group event or function.**
- **All members in our training groups must be currently registered and have paid their membership dues.**

If there are some things you need to discuss but feel that you cannot discuss these with your coach, then please speak with our Club Manager Elizabeth McClain. She can be contacted via email manager@bouldertrackclub.com.

We want all our BTC members to work together to promote health, fitness, a love for running and most of all, a positive training group and club experience for all involved.

BOULDER TRACK CLUB WAIVER FORM

I agree that “I”, am a member of the Boulder Track Club and I know that running in and volunteering for organized group training runs, social events, and races with the BTC are potentially hazardous activities, which could cause injury or death.

I will not participate in any club organized events, group training runs, social events or races unless I am medically able and properly trained and I certify that I am medically able to perform all activities associated with the club and am in good health.

I agree to abide by all rules established by the club and I attest that I have read the Boulder Track Club by-laws as published on their website and I agree to abide by them.

I understand there are certain physical risks created by participating in sporting activities and I assume all risks associated with being a member of this club and participating in club activities which may include: falls, contact with other participants, the effects of the weather, (including high heat and/or humidity, cold weather and/ or snow), altitude, traffic and the conditions of the road/ paths/ grass fields and/ or track ~ all such risks being known and appreciated by me and I will not hold the Boulder Track Club “Responsible” for any injuries, which may occur, as a result of me OR my child or children’s participation.

Having read this WAIVER OF LIABILITY and knowing these facts and inconsideration of you accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Boulder Track Club, their coaches, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, even though that liability may arise out of negligence or carelessness on my behalf.

I also grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

By authorizing and signing the verification of current information provided on my membership form, it also confirms my acceptance acknowledging that I am familiar with the club' by-laws and I have read and agree to the club's waiver and training protocol as listed above. Should I not accept the club’s waiver and training protocol, I must inform the Boulder Track Club Membership Officer (memberships@bouldertrackclub.com) immediately and my membership will be cancelled.



Boulder Track Club is a member of the USATF (Member No: 32-0348). BTC members may become USATF members and you can join online at www.usatf.org/membership/.

Membership fees are \$20.00 for youth (ages 18 & under) and \$30.00 for adults. There are many great benefits for being a member of USATF and a complete list of the benefits can be found at www.usatf.org/membership/benefits/ with the most notable benefit being accident insurance.

Are you a member? YES (Member no: _____) NO