



This form is to provide parental permission to allow their child, a Junior Member aged 16 or over, to run on occasions with the Seniors on a Club Run rather than attend the Junior training session, and/or take part in the Senior Speedwork session.

I allow my child, _____ (child's name), who is aged 16 or over, to

Run with the Seniors on a Club Run rather than attend the designated coach-lead session for Juniors.

Take part in the Senior Speedwork session.

Tick as applicable

I understand there will be no Club-designated supervisor or coach during the Senior's Club Run. My child takes part in this entirely at my/their own risk.

On each occasion that my child intends to go on the Senior's Club Run instead of the Junior session I or my child will notify the Coach.

I or a designated guardian will be present during the Senior Speedwork session that my child attends.

My child and I have read and understood the Club's Code of Conduct. www.riverside-runners.com/members/code-of-conduct.html

I understand the Club reserve the right to revoke this permission should my child behave inappropriately during the session.

Signed: _____ (Parent/Guardian)

Print Name: _____ Date: _____

Please complete this form and pass to a Junior Coach.