

Multisport Training of Alaska 2021

Name _____

Email _____

Please write in email even if you are receiving MST emails.

Phone _____

Are you currently receiving Multisport emails? YES NO

RUN Training Group (Service High School track or bike trail), Tuesdays, May 4 – August 10, 6:30 – 7:30 p.m., \$120

Covid Mitigation Plan in accordance with the MOA Emergency Order 20

- Registration (see below) must be done 24 hours in advance of first practice. Walk-ins are not allowed.
- Coaches and participants may not be present within 72 hours of exhibiting a fever and/or symptoms of COVID-19 or if they should be quarantining according to CDC guidelines due to close contact with a person with COVID-19.
- Coaches and participants are required to wear masks when arriving and departing and during non-exercise periods. Masks are encouraged while running but are not required if athletes can always maintain 6 feet physical distance.
- During non-exercise times maintain 6 feet physical distance.
- Sign in with the coach when you first arrive.
- Notify coach Lisa Keller if you test positive for COVID-19 and you believe you were infectious at run group.
- Run group may revert to email workouts should there be a COVID exposure, if the coach is COVID positive, or if MOA Emergency Orders are tightened.

Registration and Payment:

This registration form must be filled out and emailed back to lisa@gci.net. The preferred method of payment is through Venmo (lisa-keller-13). The second preferred method of payment is deposit or transfer to Credit Union 1 (Lisa Keller dba Multisport Training of Alaska, #520267 S88). The third preferred method of payment is by check made out to “Multisport Training of Alaska,” PO Box 231255, Anchorage, AK 99523.

Refund/Credit Policy:

Full refunds will be given if requested 24 hours before the start of the session. Once the session has started, full and/or partial refunds and/or credits will not be given in the case of injury, illness, facility closures, inclement weather and/or absence. Full refunds or credits (participant’s choice) will be given if an entire session is cancelled (reverting to email workouts is not a cancellation).

Questions? Lisa at 242-9361 or lisa@gci.net.

RELEASE AGREEMENT

WAIVER: I know that triathlon and other related activities are potentially dangerous. I know that there are environmental, vehicular, human, facility and other hazards including wild Alaskan animals such as moose and bear that frequent training areas both inside and outside the city limits and may be potentially dangerous. Serious injury, including permanent disability, may occur up to and including death as a result of training or encounters with vehicles, trail/road/track conditions, facility equipment and/or conditions, people, or animals.

I agree that I am responsible for my safety while participating in the activity. I agree to participate in the activity in a safe manner. I know that I should only join Multisport Training of Alaska because I have sufficient skill, training, and judgement to participate safely. I assume all risks associated with these activities.

Having read this waiver and knowing these facts and in consideration of your accepting my application, I hereby, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and waive, release, and discharge the owners, coaches, administration, other team members, and other parties associated with Multisport Training of Alaska, and any and all sponsors including their agents, employees, assigns, or anyone acting on their behalf, from any and all claim of liability for death, personal injury, or property damages of any kind or nature whatsoever arising out of or in the course of my participation with Multisport Training of Alaska. This waiver extends to all claims of any kind or nature whatsoever, foreseen or unforeseen, known or unknown.

I HAVE READ THIS WAIVER AND RELEASE CAREFULLY AND I AM SIGNING IT VOLUNTARILY.

Name (print) _____

Signature _____ Date _____