



ISE Mileage Club

Time to get movin' again!

Starting September 2nd Mileage Club will be held on Tuesdays and Thursdays, from 8:15am – 8:45am on the Indian Springs playground (weather permitting).

What is Mileage Club? This is a running club that takes place along the edge of the school playground twice a week (weather permitting) and is open to Indian Springs students in grades KG – 5th, including those in Latchkey*. There is no fee to join, and no deadline to apply. Each participant will be required to submit a completed Permission Form and Release of Liability (see attached page) prior to joining, which will be valid for the school year, children CANNOT participate without this form on file. *A latchkey supervisor will escort all participating students to Mileage Club at 8:15. If you plan to drop off your child directly to Mileage Club you must notify the latchkey supervisor ahead of time.

Kids will need: Gym shoes (no sandals, rain boots, etc) and a water bottle. Masks are optional.

How it works: Students will be provided a special foot-shaped card, which will be stamped by a Mileage Club volunteer each time they complete a lap. When their card is full (20 stamps), they earn a colorful foot charm and start a new card! There is no minimum or maximum number of laps a student must complete to participate, and families can choose how often to attend.

Our schedule: Mileage Club begins at 8:15am each Tuesday and Thursday during the Fall and Spring seasons. We will blow a whistle at 8:30am to signal for any students getting a school breakfast* to go inside, and a second whistle at 8:45am signaling the final lap before school

begins. *School breakfast is available every day, free of charge, to all students automatically. No restrictions.

Weather guidelines: Mileage Club will be cancelled in cases of steady rain, excess mud, or if the wind chill is less than 20 degrees Fahrenheit. We will notify families when we are breaking for the Winter and weather cancellations on the Parents of ISE page at [Facebook.com/groups/ISEparents](https://www.facebook.com/groups/ISEparents).

Can parents/guardians help? We can always use volunteers to stamp cards, help kids find their cards, and distribute charms. If you can help, show up during any Mileage Club. There is no need to sign up; any time you can give is appreciated.

BEHAVIOR EXPECTATIONS: Students are participating at will in the Mileage Club. Each participant is expected to follow the same code of conduct as those of Indian Springs Elementary School. If a participant breaks any rules, he or she will be given one warning and then asked not to return after the second offense. Mileage Club is not a childcare facility and may not be treated like one. Students must come prepared to walk, jog or run laps in the designated area during the specified time of 8:15 to 8:45am. Any students not complying will be asked not to participate. Every student in Mileage Club will be accounted for. If they do not check in, take their card and participate, they will not be counted in the attendance. Please discuss all rules and expectations with your student before attending.

Questions? Contact Kristen Rider at kirsten.rider@gmail.com or Emily Frey at emfrey83@gmail.com

PERMISSION FORM AND RELEASE OF LIABILITY

Teacher _____

Grade_____Room Number_____

PLEASE PRINT

Student Last Name, First Name: _____

Parent/Legal Guardian(s): _____

Student Address: _____

Parent/Guardian Phone Numbers: Work () _____

Home () _____ *Cell ()* _____

Emergency Contact: Name _____

Phone () _____

Health Care Information: Primary Care Physician

Phone: () _____

Dentist : _____

Phone () _____

Allergies: _____

1. Permission to Participate

I, _____[Parent/Guardian Name], give permission for _____[Student Name] to participate in the Indian Springs Elementary Mileage Club ("Club").

2. Permission to Provide Urgent Medical Services

I, _____[Parent/Guardian Name], give permission for Club parent volunteers to seek urgent or emergency medical services for _____[Student Name]. I agree to incur all financial liabilities required if care becomes necessary. I understand that a Club parent volunteer will attempt to contact me before care is provided, but in the event I am unavailable, care will be sought without my immediate consent.

3. Release of Liability and Assumption of Risk

*In consideration of _____[Student Name] being allowed to participate in the Club,
I, _____[Parent/Guardian Name]:*

a. Release, forever discharge, waive, indemnify and agree to hold harmless Indian Springs Elementary School, Columbus City Schools, staff, and parent volunteers (collectively "the Releasees") from all claims, losses, liabilities, injuries, damages or costs of any kind to the Student, the Student's parents/guardians, personal representatives, assigns, heirs, and next of kin, which relate to or arise out of Club activities and whether caused by the negligence of Releasees or otherwise; and

b. Agree and understand that this waiver, assumption of risk, indemnity and release of liability is intended to be as broad and inclusive as is permitted by the laws of the state of Ohio and that if any portion thereof is held invalid, it is agreed that the Printed balance shall continue in full legal force and effect.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, 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 LAW.

Printed Name(s) of Parent/Legal Guardian(s)

Signature(s) of Parent/Legal Guardian(s)
