

**Permission Slip for Cross Country Road Trip**

**To:** Warren Dunes State Park, Sawyer, MI (269) 426-4013  
**When:** Tuesday, August 16, 2016  
**Time:** Leave GHS at 5:30 a.m. 8/16, return to GHS approximately 6:30 pm  
**Who:** Cross Country Team Members and Coaches  
**Cost:** Money to buy a lunch, dinner, and/or snacks

We will arrive at Warren Dunes (2 ½ hour drive) at about 8:00 CST (Warren Dunes is in the Eastern time zone, it will be 9:00 am when we arrive) on 8/16. We will do a workout once we arrive at the Dunes and the rest of the day is yours to enjoy. We will leave Warren Dunes at 3:00 CST (4:00 EST) to return to GHS with a possible stop on the way home for a bite to eat. The weather may dictate changes to our schedule.

Transportation will be provided by school district school buses.

**You must have registered for cross country and have a current physical on file to participate in this trip. This permission slip must be returned by Saturday, August 13<sup>th</sup>.**

Bring: running gear (wear your gear so you are ready to run when we arrive), change of cloths, bathing suit, towel, blanket, beach chair, suntan lotion (block), sunglasses, hat, foot wear, personal effects (if planning a shower and smelling good), Frisbee (or any other beach toys), snacks or food items, money (for lunch at the concession stand and dinner on the way home), and anything else you feel is important to enjoy your day at the beach. If you don't want to purchase your food, you should bring this with you as well.

----- **CUT HERE** -----

This is to certify that \_\_\_\_\_ has my permission to attend the Cross-Country road trip to Warren Dunes on Tuesday, August 16<sup>th</sup>, 2016.

I also do hereby absolve and release Geneva High School, its personnel, the GVXC Coaches and any others from any claims for personal injuries or illness, which might be sustained while he/she is en route to and from or during this activity.

I authorize the coaches to secure the services of a physician or hospital in the event of an accident or illness, and I will provide for the payment of these costs.

I also understand that proper conduct is expected. School rules as outlined in the student handbook will apply for the duration of this trip and will be enforced using school discipline procedures. I understand that I am not to leave the boundaries of Warren Dunes State Park. **I know that I am not to go anywhere alone and therefore I agree to always be accompanied by someone on the coaching staff and/or a team member(s).**

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Emergency Phone or Cell or other phone numbers