

**DEPARTMENT OF PARKS AND RECREATION**  
**County of Hawaii**

TO: Physical Ed. Instructors or Track Coaches

FROM: Mason Souza  
Recreation Division - 961-8735 ext. 25

RE: 2010 Parks & Recreation Track & Field Program

The Department of Parks and Recreation has scheduled its 2010 Track & Field program for February 6 & 20, at both east and west Hawaii sites simultaneously. The Konawaena High School Track Oval will be utilized for the West Hawaii meets, while the site for the East Hawaii meets will be at the Keaau High School Track Oval. The increased interest in track and field has necessitated the use of two sites.

February 6, 2010 will be for the Age Group track & field meets. The Exponent track & field meet will be held on February 20, 2010. With the use of both sites, it allows the department to conduct both track and field events on the same day.

Enclosed in packet are:

1. Entry forms for girls and boys for the age group and exponent meets.
2. Exponent chart for exponent meet.
3. Waiver forms, which can be duplicated, for each participant.
4. Reminders.

Entry deadline for Age Group Track Meet is January 22, 2010.

Entry deadline for Exponent Track Meet is February 5, 2010.

\*All registrations after the deadline dates must register entrants on the day of the track meet. Please be sure to arrive at least 1 hour prior to the start of the meet.

For more information please call Mason Souza at the above number or at [msouza@co.hawaii.hi.us](mailto:msouza@co.hawaii.hi.us)

**DEPARTMENT OF PARKS AND RECREATION**  
**RECREATION DIVISION**  
799 Piilani St. Hilo, HI. 96720  
961-8735 ext. 25

Dear Coaches,

The Department of Parks and Recreation 2010 Track & Field program is schedule for February 6 and 20. The West Hawaii meet will be held at the Konawaena High School Oval, while the East Hawaii meet will be held at Keauu High School. Both meets will start at 9:00 am. The February 20 meet will be the Exponent Meet.

Here are a few reminders and helpful hints:

1. All participants must submit a signed registration/waiver form before participating in any meets. Both sides of the form must be signed by a parent or legal guardian. Forms may be submitted at the first meet. Forms will be available in November 2010.
2. Participants can enter only three events, one of which must be a field event. Relays are included in the three events. Be sure chosen events are listed in participants division. Any participant competing in excess of three events will automatically be disqualified from those events.
3. Participants must compete in age group according to meet date. For the exponent, be sure to follow the guidelines on how to determine what division your athlete is in. We don't want to embarrass them for your error.
4. Relay teams members must be of the same gender and division. Please designate members of a relay team, when more than one team is entered in the same division and race.
5. At some time during the meet, field and track events will run simultaneously. Any runner competing in a field event must inform field event leader of his/her entry in announced running event. Runner will be released to compete in running event, but must return immediately to complete field event.
6. All entrants should wear a nametag (include school/club name). Name tags for each running event will be provided by the department. Relay nametag (list all runners) will be placed on the fourth runner only. Nametags will be removed from runners if they place in the top three places of each heat. Nametags will be available for distribution upon receipt of entry forms.
7. Medals will be distributed to coaches at the end of the day.
8. Entry forms (Age Group & Exponent) must be submitted at least **ten** days prior to meet date. Late entries may not get posted for meet day. Please use separate entry forms for boys and girls. To ensure entry, please print legibly or type names of entrants. Any changes must be faxed to 961-8736 or emailed to [msouza@co.hawaii.hi.us](mailto:msouza@co.hawaii.hi.us)
9. Coaches must list phone number(s) on entry form, in case a meet is cancelled due to inclement weather.
10. No spikes will be allowed on the track, including any shoe designed for turf surface sports (natural or artificial), e.g. football/soccer shoes. No athlete will be allowed to compete in bare feet. Running shoes only, no track shoes.

COUNTY OF HAWAII  
DEPARTMENT OF PARKS AND RECREATION  
**REGISTRATION FORM / CONSENT / RELEASE OF CLAIMS**

Date Form Filled Out \_\_\_\_\_, 20\_\_\_\_

DISTRICT \_\_\_\_\_ FACILITY \_\_\_\_\_  
SPORT/ACTIVITY \_\_\_\_\_ AGE GROUP \_\_\_\_\_

**GENERAL INFORMATION (Please Print)**

PARTICIPANT'S NAME \_\_\_\_\_ AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_  
(Last) (First) (MI)  
PARENT/LEGAL GUARDIAN \_\_\_\_\_ PHONE \_\_\_\_\_ (home)  
(Last) (First) (MI)  
MAILING ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_ (work)  
PHONE \_\_\_\_\_ (cell)  
SCHOOL \_\_\_\_\_ GRADE \_\_\_\_\_

**HEALTH & EMERGENCY INFORMATION**

PLEASE LET US KNOW ANY MEDICAL INFORMATION RELEVANT TO THE CARE OF YOUR CHILD:

CHILD'S DOCTOR \_\_\_\_\_ PHONE \_\_\_\_\_ HEALTH PLAN \_\_\_\_\_

EMERGENCY CONTACTS other than parent/guardian listed above:

NAME \_\_\_\_\_ PHONE \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_

NAME \_\_\_\_\_ PHONE \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_



We are committed to making our recreation programs accessible. Does your child need modifications due to a disability to effectively participate in our program? **Please Check One:**  YES  NO

If yes, please complete a Modification Request with our Recreation Specialist, ph. 961-8740 ext .24, TTY 961-8736. Adult attendants or skills trainers who accompany a child in our P&R programs must register before the first day of the program.

**MEDIA RELEASE**

I/We hereby give permission to the Department of Parks & Recreation, County of Hawaii, to allow the news media to film and photograph program activities provided: 1) They are for news and non-commercial purposes; 2) The program director determines the filming, etc., will not unduly interfere with or disturb the programs; and 3) Individual children are not singled out for demonstrating photography or interview purposes against their wishes.

**Please Check One:**  YES, permission granted  NO, permission denied

(If no box is checked, assumption is "No, permission denied")

**CONSENT**

In consideration of the permission granted to me by the County of Hawaii, State of Hawaii, for my minor child ("Child") to participate in the above-mentioned sport/activity ("Activity"), the above-named PARENT/LEGAL GUARDIAN ("Parent") consents and agrees that:

- Child is allowed to actively participate in Activity;
- Child is participating voluntarily, and with Parent's approval and consent.
- Child is in reasonably good physical and mental health, such that Minor can safely participate in Activity.
- Parent recognizes and understands that participation in the Activity involves risk of death, personal injury and/or property damages, commonly inherent in such Activity.
- Parent shall notify a representative from the Department of Parks and Recreation if there is any change in Child's physical and/or mental condition such that MINOR cannot safely participate in Activity.
- The Department of Parks & Recreation may refer Child, if injured or ill, to my family doctor when I cannot be reached. When there is no family doctor, the Department has the discretion to select a doctor.

- I also agree:
- I have read **BOTH SIDES** of this registration form, including the Informed Consent, Assumption of Risks, Code of Conduct, and Release of Claims on the back side of this page.
  - I understand and agree with all of its terms.
  - I have filled out the information on this form fully and completely.
  - I will notify the County immediately in writing of any changes to the information above.
  - I am signing this form voluntarily and with full knowledge of its significance.

IN WITNESS WHEREOF, I have executed this Registration, Consent and Assumption of Risks, Release of Claims and Indemnification and Code of Conduct at \_\_\_\_\_ on the day and year first written above.

(Place of Execution)

\_\_\_\_\_  
Signature of Witness (Age 18 or Older)

\_\_\_\_\_  
Signature of Parent or Legal Guardian

\_\_\_\_\_  
Printed Name of Witness

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
Zip Code

Possession or consumption of alcohol by persons under 21 is prohibited.

County of Hawaii is an Equal Opportunity Provider and Employer

**INFORMED CONSENT AND ASSUMPTION OF RISKS**

The Department of Parks and Recreation provides a wide variety of activities and programs for persons of all ages in a safe and pleasant environment. However, there are certain inherent risks in almost every activity. Please read the following informed consent categories to acquaint yourself with the risks involved. If you are making a determination that you child is able to participate in any activity, it is your responsibility to assess your child's maturity, health/fitness and ability to obey safety rules and decide if the risks associated with these activities are acceptable to you. While the County of Hawai'i hopes that every participant enjoys an injury-free activity, by your signing this Release of Claims form, you assume all risks associated with the activity for which you have registered your child. Please ask any questions of the instructor which you may need to make a fully informed decision for your child to participate.

Certain sport activities, such as football, basketball, baseball and volleyball may have physical contact. All contact sports necessarily and unavoidably carry with them the risk of high speed collisions with other persons, balls, and equipment. In addition, irregular playing surfaces may be present and a child may be at risk for falling or minor lacerations. There are, therefore, risks of **orthopedic, dental, cervical, spinal, head or other types of injury**. There is also the risk of **lacerations and other injury from falling and/or colliding with people or objects**.

In addition, all sports require a level of fitness and health that only your physician can determine you or your child possesses. We **strongly urge that you obtain medical advice as to whether contact sport activities are suitable for your child**. Many undetected or chronic diseases such as cardiac disease or high blood pressure may be worsened by participation in these activities.

Activities such as ceramics, painting, or cooking are examples of types of activities which may involve supplies or ingredients which may be toxic when ingested, inhaled or when coming in contact with skin. There may also be **allergic reactions or individual sensitivity to these supplies or ingredients when ingested, inhaled, or when in contact with skin**.

Swimming at the beach or pool is another activity with inherent risks involved.

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**RELEASE OF CLAIMS AND INDEMNIFICATION**

In consideration of permission granted to participant by the County of Hawai'i, Department of Parks and Recreation, to participate in the activities listed on the previous page:

I/we hereby release the County of Hawai'i, its agents, employees, and independent contractors from all actions, causes of action, damages, claims, or demands which I, my heirs, personal representatives, or assignees may have against the County of Hawai'i, and other above-named parties for all injuries, known or unknown, which may incur by my child's participation in the above-described activity or by my child's use of the above-described Facility.

I/we do further agree that I shall indemnify and save harmless the County of Hawai'i, or any of its officers or employees, either jointly or severally, from any and all claims, demands, damages, loss of service, or expense for property damage and for personal injuries or actions brought by a third party resulting or arising from my child's participation in the above-described activity or my child's use of the Facility.

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**PARTICIPANT'S & PARENT'S CODE OF CONDUCT**

1. I will encourage, but not force, my child to participate in any program or event.
2. I will remember that children participate to have fun, and that the program/event is for youth, not adults.
3. I will pay close attention to the physical conditioning and well-being of my child, and will refuse to jeopardize the health of any individual for the sake of improving a person's or team's chance to win.
4. I will not ridicule or yell at my child or any other participant for making a mistake or losing.
5. I (& guests) will be positive role models for my child, and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all staff, players, coaches, officials, and spectators at every game, practice, tournament, or event.
6. I will respect officials and their decisions. I will not argue with an official in public, and will not yell, swear or be verbally abusive. Any discussion or constructive comment shall be done in an unemotional and calm manner.
7. I will not engage in any physical or verbal confrontation or altercation before, during or after any program, game or event, with officials, coaches, players, staff, or spectators. Doing so shall result in immediate action by the police and the Director of the Department of Parks & Recreation.
8. All P&R Activities are drug and alcohol free for participants and adults. Anyone found to be under the influence, intoxicated, or in possession of any of these will be TERMINATED from participating in the program. The Police and the Director of the Department of Parks & Recreation will be notified.

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I have read and understand the Informed Consent and Assumption of Risks, Release of Claims and Indemnification, and Code of Conduct on this page 2.

\_\_\_\_\_  
Signature of Parent/Legal Guardian