



## *Phillips County Amateur Triathlon 6 Week Fitness Challenge Participant Consent*

I have voluntarily enrolled in a 6-week program for health and fitness offered by Colorado State University Extension in Phillips County. The goal of the Phillips County Amateur Triathlon – 6 Week Fitness Challenge is to become more fit by changing lifestyle practices. Participants will do this by increasing physical activity through biking, swimming, walking and/or running.

I understand that participation in the Triathlon may be associated with some risks because of increasing physical activity. I understand that each person may react differently to fitness activities and these reactions cannot be predicted with complete accuracy. If I am under a physician's care for any chronic health condition that may affect my ability to participate, I have consulted with my health care professional and received approval. To the best of my knowledge I do not have any limiting physical conditions or disability that would preclude me participating in this program.

Information on weekly team steps/miles submitted will be provided to participants and the media throughout the event, but individual participant names will not be identified. At the conclusion of the Triathlon Fitness Challenge, team results will be given and members of the teams will be identified, but no individual results will be released. Aggregate information on the results of all teams and survey comments will be used to report program impacts to Colorado State University.

Your signature acknowledges that you have agreed to participate in the Phillips County Amateur Triathlon – 6 Week Fitness Challenge program.

I agree to allow any pictures taken during the program to be used as part of publicity or reporting on the Phillips County Amateur Triathlon – 6 Week Fitness Challenge.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_

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