

AWMTB – Forms to Participate

Due November 15th

The District requires that every student be cleared by their physician to participate in the AWMTB club. Additionally, the District requires parent/guardian to complete several forms that are approved by the District Board prior to the first race.

You have received three form packets (Physician Clearance Form, Parent Forms, and Coach Forms). The Physician Clearance Form must be completed by the parent/guardian and student's physician. If your student already had a physical for another sport, they do not need a second one. You must still submit the physician's note to AWMTB separately, along with the other paperwork, and the physician must check off mountain biking as an approved activity. The other forms are to be completed by the parent/guardian and coach respectively.

All forms must be submitted together. Partial submittals will not be accepted. Please use this checklist to ensure that you have completed all requirements:

Physician Clearance Form (02_PHYSICAL FORM)

- ☐ Pages 1 & 2 completed by parent and student (page 1 parent permission, page 2 student contract)
- ☐ Page 5 completed by physician (MTB Club Clearance Form)

Pages 3–4 (Concussion Information) are for your reference. Pages 6–7 (History and Physical Examination) are retained by the physician.

Parent/Guardian Forms for Student (01_PARENT FORMS)

- ☐ Release & waiver of liability (01_PARENT FORMS, page 1)
- ☐ Permission form (01_PARENT FORMS, page 2)
- ☐ Exchequer Waiver for student (03_COACH & RIDER - Exchequer)
- ☐ Tamarancho Pass Application for students 15 years of age and older is required (05_Tamo HS Student Application)

Coach Forms

- ☐ Adult Field Trip Waiver (04_COACH WAIVER)
- ☐ Exchequer Waiver for parent coach (03_COACH & RIDER - Exchequer, same form as the student's)
- ☐ Tamarancho Pass Application

How to submit

1. **Electronically** – by scanning all pages into one file, saving the file with the student's first & last name (e.g., Jones_Pat.pdf), and emailing to awmtbdirector@gmail.com

OR

2. **Paper** – drop your complete packet (in an envelope) at the AW High School Budget Office or mail to AW Mountain Bike Club, P.O. Box 495, San Anselmo, CA 94979.

Please keep a copy of your packet. **Deadline for all registration forms and team dues is November 15th**