

CrimFit 2012 Adult Training Program Group Leader Agreement

As a Group Leader, you are an important member of the CrimFit Adult Training Program and serve as a representative of our organization to the community at large. For a better understanding of what you can expect as a volunteer Group Leader and what is expected of you by the Crim Fitness Foundation, we ask you to read and sign the following:

The Crim Fitness Foundation will provide for you:

- Orientation and general training sessions
- Support and communication during the training program
- The same benefits, vouchered races, training shirt, and incentives that the participants receive (and others tbd) at no cost to you.

The Crim Fitness Foundation asks that you:

- Map a course out each week (based on your scheduled distance) and provide copies of the course to all of your fellow group leaders prior to the workout;
- Communicate and train at the pace range that your group has been designated to train at; and keep group members apprised weekly of their progress as it relates to this pace range;
- Keep the group together by going at the pace of the slowest person in the group;
- Incorporate circle-backs and walk and/or shuffle breaks into your weekly group workout;
- Take walk or shuffle breaks more frequently if any members are struggling;
- Be responsible for helping each member of your group to have a good experience on every workout;
- Counsel members who may need to move up (faster) or move down (slower) to a more appropriate pace group within 2 weeks of the start of the program; follow Crim procedures as it relates to moving members to other groups;
- Follow safety protocol as established by the Crim Fitness Foundation and tell every group member, every workout, that he/she needs to be responsible for his/her own safety;
- Take attendance weekly and submit to the Crim as outlined in the training procedures;
- Follow training procedures and protocol as established by the Crim Fitness Foundation.

Have **FUN** and ask questions if needed. Remember – we are here for YOU! This program would not work if it weren't for the hard work of our dedicated Group Leaders. →

(CrimFit 2012 Adult Training Program Group Leader Agreement - continued)

I, the undersigned, understand the responsibilities, expectations and obligations involved as a CrimFit Adult Training Program Group Leader and agree that I will represent the Crim Fitness Foundation in a volunteer capacity. I know that as a Training Program Group Leader, I will play a critical role in the development of Crim Training participants and agree to conduct myself in a professional and upstanding manner at all times, whether dealing with participants, volunteers or others in the community. I further agree to waive, release, absolve, indemnify and agree to defend and hold harmless the Crim Fitness Foundation, its CEO, race director, program director(s), staff, supervisors, organizers, sponsors and other participants, including any other persons transporting myself to and from training activities, for any claim arising out of any injury occasioned by my participation as a Crim Training Program Group Leader. I also authorize the Crim Fitness Foundation to utilize any photographs and video tape of my participation in the Crim Training Program for any and all purposes. By signing my name below, I hereby certify that I have read and understand all of the terms and conditions of this agreement and do intend to be legally bound thereby.

By my signature I declare that I have read, understand, and agree with all parts of the Group Leader Agreement and will do my best to fulfill them.

Group Leader Signature: _____ Date _____

Printed Name: _____