



Coach Application

Name: _____ School Site Requested: _____

Date of Birth: ___/___/___ Race/Ethnicity: _____ Languages spoken: _____

Full Address: _____

Home Phone: _____ Cell Phone: _____

Email Address: _____

T-Shirt Size (please circle): Youth L Adult S M L XL XXL

Interested in helping with other things? Check all that apply!

Grants () Fundraising/Special Events () Marketing ()
5k Committee () SoleMates () Other () _____

Educational Background/Work Experience: _____

Please list current employer and job title if applicable:

Getting to Know You

What attracted you to Girls on the Run?

Have you volunteered before? If so, please list the programs/organizations with which you have worked.

What experience do you have working with children? Please list age and activities with which you have experience:

Please list two-three personal references (name & phone number) that we may contact regarding your ability to coach:

1) _____

2) _____

3) _____

Availability

Girls on the Run of Silicon Valley sites are located throughout Santa Clara and Santa Cruz Counties, and each site identifies a time that works best for them. We try to place coaches at locations and times most convenient for them. Coaches need to commit to coaching twice weekly for 10 weeks (20 sessions) at the same site, and plan to attend the end of season 5k run with their group of girls. Coaching requires a flexible afternoon schedule - nearly all sites meet between 2 and 5pm on weekdays after school.

1) What days and hours are you available?

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

2) Is there a specific school/site that you desire to coach? If so, which school?

3) Do you have a vehicle to get to and from the site?

4) Are you willing to be placed at a different school? What areas are you willing and able to travel to?

4) Are you able to commit to all the responsibilities on the coach responsibilities list?

Please direct any questions you may have to Karen Rajczi, Program Director, at karen@gotrsv.org or by phone at (408) 506-7307 or to Kathleen Nestler, Executive Director, at kathleen@gotrsv.org or by phone at (408) 406-8406.

NOTE: This is a non-paid, volunteer position, but a job that pays big in smiles and feeling great!



Coach Responsibilities

Pre-season

- Attend a 6 hour Girls on the Run of Silicon Valley coach training (training dates tbd.)
- Submit to a Live Scan fingerprinting background check for GOTRSV prior to coaching
- Become CPR/First Aid certified or maintain certification (one coach per site)
- Provide proof of a negative TB test, if required by your school site
- Complete necessary health history/consent and other paperwork at coach training
- Communicate with Head Coach to discuss site logistics (dates, times, day of first session)
- Pick up coach bin and curriculum binder

During the season

- Purchase healthy snacks using snack stipend for GOTR group (money will be given to head coach)
- Prepare for each session by reading the lesson and reviewing coach bin materials
- Arrive at site at least 15 minutes early for each session
- Attend GOTR sessions twice a week
- Read weekly coach newsletters and respond when appropriate
- Record attendance at each session
- Wait until all girls are picked up after each session
- Administer pre and post survey instrument and arrange mailing back to the GOTR of Silicon Valley office if our council is participating in a survey that season
- Arrange for substitute coach if you cannot attend a session and inform GOTR of Silicon Valley staff when a substitute is identified.
- Attend mid-season coach meetings
- Return any materials/forms, etc to the GOTR of Silicon Valley office by due dates for each
- Help recruit race day volunteers if needed
- Attend the end of season 5k with your girls
- Provide a fun end of season celebration for the last session
- Demonstrate a positive encouraging demeanor and a healthy lifestyle
- Be your wonderful self with the girls at all times and above all have fun with them!

Post season

- Return coach bin, curriculum and any other materials

Coach Contract

I agree to perform the above responsibilities to the best of my ability. I also lead a healthy lifestyle and am drug and tobacco free and do not consume excessive amounts of alcohol. I do not have an eating disorder, and if I have suffered from an eating disorder in the past, I completed treatment at least one year prior to today's date. I have never been arrested for charges of child abuse, assault, child neglect, or sexual misconduct. I agree to willingly submit to a Live Scan fingerprinting background check for Girls on the Run of Silicon Valley prior to coaching, and provide my social security number for background check purposes.

Print Name _____ Social Security # _____

Signature _____ Date _____

NOTE: We will protect your social security number and background information in a secure file. This information is required for insurance purposes and to protect the girls in our programs. Thank you!

Non-Compete Agreement

I, _____ (print name), as a coach, volunteer or employee of Girls on the Run International, Inc. or Girls on the Run of Silicon Valley, Inc., agree to the following:

I will not deliver the Girls on the Run® International Program or any similar program unless I am working as an employee or volunteer of Girls on the Run of Silicon Valley, Inc.

I may not create or help develop a program that has similar goals and structure to that of Girls on the Run International within a two-year period of my involvement with Girls on the Run of Silicon Valley, Inc.

I understand that all printed materials given to me are under copyright and may not be reproduced in any way unless written permission is received.

I understand that the Girls on the Run logo is under copyright and may not be reproduced in any way unless written permission is received.

I understand the curriculum book given to me for the purpose of coaching Girls on the Run or Girls on Track only does not belong to me, and that I am not allowed to use it for any other groups outside of Girls on the Run programs. It is the property of Girls on the Run of Silicon Valley, Inc. If I ever stop coaching the program in the Silicon Valley territory, then the curriculum/curricula must be returned to Girls on the Run of Silicon Valley, Inc. within one month.

I also acknowledge that at coach training I will receive a copy of the Girls on the Run of Silicon Valley Coach Manual. It is my responsibility to read and understand the matters set forth in this manual. It is a guide to organization policies and procedures. It is the property of Girls on the Run of Silicon Valley, Inc. If I ever stop coaching the program in the Silicon Valley territory, then the manual, curriculum books and all other materials must be returned to Girls on the Run of Silicon Valley, Inc. within one month.

Girls on the Run Volunteer Signature

Date



Health History and Liability Release Waiver for Volunteers

Volunteer's Name: _____ **Date of Birth:** ____/____/____

() Coach at _____ site () Volunteer at _____ event

Home Address: _____ **Home Phone:** _____

City: _____ **State:** _____ **Zip Code:** _____

Emergency Contacts – Mandatory for all volunteers:

Contact #1: _____ **Work Phone:** _____ **Mobile Phone:** _____

Relation to Volunteer: _____

Contact #2: _____ **Work Phone:** _____ **Mobile Phone:** _____

Relation to Volunteer: _____

***If MINOR under 18 years of age:**

Mother's/Guardian's Name: _____ **Work Phone:** _____ **Mobile Phone:** _____

Father's/Guardian's Name: _____ **Work Phone:** _____ **Mobile Phone:** _____

Allergies (please list any/all allergies Participant/Volunteer has experienced): _____

Medications (please list any/all medications Participant/Volunteer is currently taking): _____

General Questions (If "YES", please explain below):

QUESTION	YES	NO	QUESTION	YES	NO
Had any recent injury, illness or infectious disease?			Ever had german measles?		
Have a chronic or recurring illness/condition			Ever had hepatitis?		
Ever been hospitalized?			Ever had back problems?		
Ever had surgery?			Ever had problems with joints?		
Have frequent headaches?			Ever had chest pain during or after exercise?		
Ever had a head injury?			Have any skin problems?		
Ever been knocked unconscious?			Have diabetes?		
Wear glasses, contacts or protective eyewear?			Have asthma?		
Ever passed out during or after exercise?			Had mononucleosis in the past 12 months?		
Ever had frequent ear infections?			Had problems with diarrhea/constipation?		
Ever been dizzy during or after exercise?			Ever had an eating disorder?		
Ever had seizures?			Ever had high blood pressure?		
Have orthodontic appliance?			Ever been diagnosed with a heart murmur?		
Ever had emotional difficulties for which professional help was sought?			Ever had chicken pox?		
Ever had measles?			Ever had mumps?		

Please explain any "yes" answers, noting the number of the questions: _____

Girls on the Run of Silicon Valley Liability Release Waiver:

I am the individual named here (or the parent/legal guardian of the named minor child), _____ ("Volunteer"). I agree that Volunteer may participate in the Girls on the Run activities. I understand that during the activities, the Volunteer will be involved in outdoor physical activities. Physical reactions to exercise may include heat-related illness, abnormal heartbeats and blood pressure and, in rare instances, events such as heart attacks. While Girls on the Run takes all reasonable precautions, we can make no guarantees regarding these and other risks. Recognizing the risks of the activities, and in consideration for allowing the Volunteer to participate in the activities, I hereby release, discharge and agree to hold harmless, and to indemnify each of Girls on the Run of Silicon Valley and Girls on the Run International, their owners, directors, officers, contributors, sponsors, employees, contractors, agents and assigns against and from any causes of action, claims, demands, damages, costs, loss of services, expenses, compensation, all consequential damages and attorneys' fees (regardless whether pursuant to the laws of any county, state or country) claimed by, through or on behalf of Volunteer related directly or indirectly to the program (including without limitation the 5k race), and specifically including any and all claims for personal injuries sustained while participating in activities without regard to negligence or negligent conditions.

In addition, I hereby authorize Girls on the Run of Silicon Valley, if after a reasonable attempt has been made to reach a parent, guardian or emergency contact to obtain consent, or if sound medical practice decrees that there is not time to make such an attempt, to consent to any x-ray examination, anesthetic, dental, medical or surgical diagnosis or treatment, and hospital care, to be rendered to the Volunteer under the general or special supervision and on the advice of any physician or surgeon who may treat the Volunteer, and consent to any x-ray examination, anesthetic, dental, medical or surgical diagnosis or treatment and hospital care, to be rendered to the Volunteer by any health care professional who may treat the Volunteer. I agree to pay for any such treatment and to reimburse Girls on the Run of Silicon Valley for all costs and expenses it may incur related to such treatment.

I hereby grant to Girls on the Run the absolute and irrevocable right and permission, in respect of the photographs and videos that have been or will be taken of the Volunteer or in which the Volunteer may be included with others, to copyright the same, in the name of Girls on the Run or otherwise; to use, re-use, publish, and republish the same in whole or in part, individually or in conjunction with other photographs and videos, and in conjunction with any printed matter, in any and all media now or hereafter known, and for any purpose whatsoever; and to use my name in connection therewith. I hereby release and discharge Girls on the Run from any and all claims and demands arising out of or in connection with the use of the photographs and videos, including without limitation any and all claims for libel or invasion of privacy.

I expressly agree that this consent is intended to be as broad and inclusive a release of liability as permitted by applicable law and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. I hereby warrant and represent that I am 18 years old or older; I have carefully read this consent and agree to its terms and conditions, that before signing this agreement I had the chance to ask questions; and I am aware that by signing this consent, I assume all risks and waive and release certain substantial rights that Volunteer may have or possess against Girls on the Run. To the extent permitted by applicable law, I hereby irrevocably and unconditionally waive trial by jury in any legal action or proceeding related to this agreement.

I have fully read the above permissions and releases, understand them, and I expressly agree to them. I hereby certify that there are no contraindications to the Volunteer's participation in the Girls on the Run activities. I am the individual named or parent or legal guardian of the named Volunteer, and this permission and release is binding on me and my executor, administrators and heirs.

Volunteer's Name (please print): _____

Volunteer's Signature: _____ **Date:** _____

Signature of Parent/Guardian (if Volunteer is under 18): _____ **Date:** _____

**FAX or MAIL Coach application to:
Karen Rajczi
Program Director
Girls on the Run of Silicon Valley
PO Box 510
Los Gatos, CA 95031
FAX (408) 354-1465**