

Multisport Training of Alaska Swim and Run Groups 2022

Name _____

Email _____

Please write in email even if you are receiving MST emails.

Phone _____

Are you currently receiving Multisport emails? YES NO

Multisport Training of Alaska groups are for adults only, ages 18 years and older.

There is no walk-in registration for any swim or run group. To start a group, you must be registered and paid at least 24 hours before the first day you attend. If groups do not meet a minimum number of paid participants 5 days before the first day and time of the session, the group will be cancelled, and your fee will be refunded, or a credit will be given for future classes.

SWIM Training Groups (APU Moseley Sports Center Pool)

Tuesdays, 6:00 - 7:00 am, August 16 – October 25, \$132

Wednesdays, 9:30 - 10:30 am, August 17 – October 26, \$132

Thursdays, 6:00 - 7:00 am, August 18 – October 27, \$132

Fridays, 6:30 - 7:30 pm, August 19 – October 28, \$132

Swim Group Covid Mitigation Plan

- Registration and payment must be completed 24 hours in advance of first attended practice. Walk-ins are not allowed.
- Masks are now optional in all common areas (lobby, hallways, bathrooms, locker rooms, pool deck).
- Maintain 6 feet physical distance.
- Limit time in the locker room to 15 minutes pre- and post- swim time. It is recommended that you arrive in your swimsuit. Take a shower before entering the pool. After swimming, it is recommended that you shower at home.
- Coaches and participants may not be present within 72 hours of exhibiting a fever and/or symptoms of COVID-19 or if they should be quarantining according to CDC guidelines due to close contact with a person with COVID-19.
- Coaches and participants are required to inform the university and Multisport Training of Alaska if they test positive for COVID-19, are experiencing symptoms of the virus, or have been identified through contact tracing as having been exposed to COVID-19 at any time within 14 days of last class attended.
- Make reports to lisa@multisportak.com, moseley@alaskapacific.edu, and COVIDReports@alaskapacific.edu. Names and identities will be kept confidential.

RUN Training Group (Service High School trails, meet in the field to the east of the track)

Thursdays, 6:00 - 7:00 pm, September 8 – November 17, \$90

Locations and workouts are posted weekly on a password protected page on www.multisportak.com. When you sign up, the password will be emailed to you. Location may change depending on the weather.

Run Group Covid Mitigation Plan

- Registration and payment must be completed 24 hours in advance of first attended practice. Walk-ins are not allowed.
- Coaches and participants may not be present within 72 hours of exhibiting a fever and/or symptoms of COVID-19 or if they should be quarantining according to CDC guidelines due to close contact with a person with COVID-19.
- All practices will be outside, regardless of weather. If weather/conditions will hinder a productive workout, the practice will be cancelled and a workout that you can do on your own will be posted.
- Maintain 6 feet physical distance.
- Notify coach Lisa Keller if you test positive for COVID-19 and you believe you were infectious at run group.
- Run group may revert to email workouts should there be a COVID exposure, if the coach is COVID positive, or if MOA Emergency Orders are tightened.

Registration and Payment:

This registration form must be filled out and emailed back to lisa@multisportak.com . Classes must meet a minimum level of paid participants by the dates below. If registering past the first registration deadline, payment must be made at least 24 hours before the first attended practice.

First registration deadline to determine if class will run:

- Tuesday 6 a.m. swim, 15 paid participants by August 11
- Wednesday 9:30 a.m. swim, 15 paid participants by August 12
- Thursday 6 a.m. swim, 15 paid participants by August 13
- Friday 6:30 p.m., 15 paid participants by August 14
- Thursday 6 p.m. run, 15 paid participants by September 3

Check box next to payment method used. Payment methods in order of preference (cash not accepted):

Venmo @MultisportTrainingofAlaska



Deposit or transfer to Credit Union 1: Lisa Keller dba Multisport Training of Alaska, #520267 S88.

Check made out to “Multisport Training of Alaska,” mailed to PO Box 231255, Anchorage, AK 99523

Refund/Credit Policy:

Full refunds (minus transaction fees) will be given if requested 5 days before the start of the session. Once the session has started, full and/or partial refunds and/or credits will not be given in the case of injury or illness (including Covid-19 exposure or illness), group cancellation due to Covid-19 exposure, coach illness or quarantine due to Covid-19, facility closures, inclement weather and/or absence. Full refunds or credits will be given if an entire session is cancelled (reverting to email workouts is not a cancellation).

Questions? Email lisa@multisportak.com

RELEASE AGREEMENT

WAIVER: I know that triathlon, swimming, biking, running and other related activities are potentially dangerous. I know that there are environmental, vehicular, human, facility and other hazards including wild Alaskan animals such as moose and bear that frequent training areas both inside and outside the city limits and may be potentially dangerous. Serious injury, including permanent disability, may occur up to and including death as a result of training or encounters with vehicles, trail/road/track conditions, facility equipment and/or conditions, people, or animals.

I agree that I am responsible for my safety while participating in the activity. I agree to participate in the activity in a safe manner. I know that I should only join Multisport Training of Alaska because I have sufficient skill, training, and judgement to participate safely. I assume all risks associated with these activities.

Having read this waiver and knowing these facts and in consideration of your accepting my application, I hereby, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and waive, release, and discharge the owners, coaches, administration, other team members, and other parties associated with Multisport Training of Alaska, including Alaska Pacific University, and any and all sponsors including their agents, employees, assigns, or anyone acting on their behalf, from any and all claim of liability for death, personal injury, or property damages of any kind or nature whatsoever arising out of or in the course of my participation with Multisport Training of Alaska. This waiver extends to all claims of any kind or nature whatsoever, foreseen or unforeseen, known or unknown.

I HAVE READ THIS WAIVER AND RELEASE CAREFULLY AND I AM SIGNING IT VOLUNTARILY.

Name (print) _____

Signature _____ **Date** _____