

# IPCSA

## Officer Safety & Wellness Committee

### *Get Up and Go*

#### Application & Waiver 2017-2018

The IPCSA Officer Safety and Wellness Committee exists to promote health and safety for all probation and detention staff in the State of Illinois. One way to support that mission is to encourage fitness among the association members. The OSWC invites all members to join our *Get Up and Go* campaign.

#### **Here's how it works:**

**Beginning October 1<sup>st</sup> and running through September 30<sup>th</sup>** of the following year participating members will log their walking or running miles through the use of a GPS enabled smart phone app (i.e. Map My Run) and log monthly totals. Those men and women with the most verifiable miles in each of the three categories will win a prize at the following Fall Conference.

#### Honor System Categories:

- 1) Beginner – defined as just starting to become active or re-starting after having been inactive for a period of time. This category maybe walks/runs an average of 1-2 times each week.
- 2) Intermediate – defined as one who has a regular running routine and completes multiple registered running events during the 12-month period. You may train for some running events but you are not a “regular” half or full marathoner. This category walks/runs an average of 3-5 times each week.
- 3) Advanced – defined as one who is committed to running and has been for quite some time. Running is in your soul. This category regularly trains for several registered running events during the 12-month period. You are a regular competitor in half or full marathons.

#### Rules:

- ✓ You must log your walk and/or run miles on a GPS enabled smart phone app in order for your miles to count.
- ✓ Walk and/or run miles through the app count as do official race events
- ✓ You must complete the attached application, read and sign the waiver and submit it **prior** to your first logged mile or event. Any miles or event listed on your log, dated before your application and waiver was received will not be counted.
- ✓ Only running and/or walking miles during October 1<sup>st</sup> through September 30<sup>th</sup> of the following year will be counted.
- ✓ You must complete your mile log and submit it no later than October 7<sup>th</sup> in order for consideration at Fall Conference.
- ✓ The OSWC retains the right to determine a winner in the event of a tie or perceived tie.
- ✓ The OSWC requests that you submit at least one photograph of yourself at one of your events.

(Print the following)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

County/Jurisdiction: \_\_\_\_\_

E-mail: \_\_\_\_\_

Anticipated Category:

- |              |                          |              |                |                          |              |
|--------------|--------------------------|--------------|----------------|--------------------------|--------------|
| <u>Male:</u> | <input type="checkbox"/> | Beginner     | <u>Female:</u> | <input type="checkbox"/> | Beginner     |
|              | <input type="checkbox"/> | Intermediate |                | <input type="checkbox"/> | Intermediate |
|              | <input type="checkbox"/> | Advanced     |                | <input type="checkbox"/> | Advanced     |

**Waiver**

I know that walking/running for health reasons or to participate in a race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of race officials relative to any aspect of my participation in the events, including the right of any officials to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the races and agree to abide by them. I assume all risks associated with walking/running in these events, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the roads/surfaces, all such risks being known and appreciated by me. I will abide by all event rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Illinois Probation and Court Services Association, it's employees, agents, executive board officials, members, sponsors, and their representatives and successors from all claims or liabilities of any kind arising out of my participation in these events, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of these events for any legitimate purpose.

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

**Original**, completed application and waiver must be mailed prior to your first miles logged to the attention of; Tina Varney, Kendall County Court Services, 807 W. John Street, Yorkville, IL 60560 or Francie Cain, 13<sup>th</sup> Judicial Circuit Court Services, LaSalle County Adult Probation, 119 W. Madison Street, Room 404, Ottawa, IL 61350.