

Forest Township Area Senior Center Liability Waiver

Because physical exercise can be strenuous and subject to risk of serious injury, Forest Township Area Senior Center (FTASC) urges you to consult with your doctor before using any exercise equipment or participating in any exercise activity at FTASC.

I understand that there are risks of injury involved in using any exercise equipment or participating in any exercise activity at FTASC. I voluntarily assume the risk for any harm, injuries, damages, or expenses that I may sustain as a result of my usage of any exercise equipment or participation in any exercise activity at FTASC. I understand that any medical treatment resulting from injuries that I sustain due to my usage of any exercise equipment or participation in any exercise activity at FTASC is my sole responsibility.

I certify that I am in good physical condition and that I am able to safely use any exercise equipment and to participate in any exercise activity at FTASC that I choose.

I am aware that none of the instructors at The Forest Township Area Senior Center maintain liability insurance coverage for any claims that might be asserted by participants against an instructor for injuries received in participating in a Forest Township Area Senior Center exercise class, program or activity.

I release and hold harmless the Forest Township Area Senior Center, its instructors, officers, directors, employees, volunteers, agents, representatives, successors and assigns from any and all liability for injuries, damages, or expenses resulting from my use of any exercise equipment or my participation in any FTASC exercise activity. This release is binding on my heirs, assigns, executors, administrators, and representatives. This release includes any injuries, damages, or expenses resulting from the malfunction of any exercise equipment or exercise activity at FTASC.

I acknowledge and I have carefully read this Consent Form and that I fully understand and agree to its contents. I understand that I am giving up the right to bring legal action against FTASC for any harm, injuries, damages, or expenses that I may sustain as a result of my usage of any exercise equipment or my participation in any exercise activity at FTASC.

Date _____

Print Name _____

Signature _____