



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Release from Liability

I have been offered and urged to attend an equipment orientation at the Altavista Area YMCA before using any equipment or beginning any exercise. I have been urged to consult with my physician for a physical to determine any health risks associated with my exercising.

I desire to voluntarily waive an equipment orientation at the Altavista Area YMCA and any explanations concerning the risks of use of the equipment or of my exercising. I understand that the exercise will place an increasing workload on my cardiorespiratory and musculoskeletal systems and there is a risk of physical changes during or following my exercise. I understand that failure to use the equipment properly may result in injury, illness, or medical problems including but not limited to fractured or broken bones, torn muscles, tendons or ligaments, dizziness, feeling light headed or becoming faint, stroke, heart attack, joint problems or other physical problems.

I understand that I am responsible for monitoring my own condition throughout the exercise program and should any unusual symptoms occur, I will cease my participation and inform the wellness instructor. In signing this consent form, I affirm that I have read this form in its entirety and that I understand the nature of the exercise program and to the extent that I do not want further information. All the questions I have concerning the exercise program or the equipment have been answered to my satisfaction.

In consideration for being allowed to participate in the Altavista Area YMCA exercise program, I agree to assume the risk of such exercise and inherent dangers from exercise and use of the equipment. I hereby release the Altavista Area YMCA and its staff members from any and all claims, suits, losses, or related causes of action for damages related to my exercise program.

I certify that I have no physical condition which would prevent me from safely engaging in an exercise program and agree to abide by all the rules and regulations of the Wellness Center.

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

Date

Print Name of Participant

Signature of Participant

Date

Signature of Staff