



OLDE FORGE

COMMUNITY RESOURCE CENTRE

Seniors' Recreation Program Waiver & Release Form

I _____, have enrolled in The Seniors' Recreation Program offered through The Olde Forge Community Resource Centre. I recognize that the Program may involve physical activity including but not limited to, muscle strength and endurance training, cardiovascular conditioning and training and various other fitness activities. I hereby affirm that I am in good physical condition and do not suffer from any disability or condition which would prevent or limit my participation in the Program. I acknowledge that my enrollment and subsequent participation is purely voluntary and is no way mandated by The Olde Forge Community Resource Centre.

In consideration of my participation in the Program, I, _____, acknowledge that I fully understand that I may injure myself or have adverse reactions as a result of my enrollment and subsequent participation in the Program. I hereby release Olde Forge Community Resource Centre, its employees, subcontractors, volunteers and agents from all liability nor or in the future against any claims, demands, and causes of action that I may have or may acquire in the future as a result of my voluntary participation and enrollment in the Program.

I knowingly and freely assume all such risks, both known and unknown, from the Olde Forge Community Resource Centre or others, and assume full responsibility for my participation.

It is my express intent that the Seniors' Recreation Waiver & Release Form shall bind me and my heirs, assigns, personal representatives and members of my family.

This agreement shall be construed in accordance with the laws of the Province of Ontario.

_____ Name of Participant	_____ Signature	_____ Date
-----OR IF APPLICABLE-----		
_____ Name of POA/Designate Decision-maker/Guardian	_____ Signature	_____ Date

Staff Witness or Designate

Signature

Date