



## CUYAMA VALLEY RECREATION DISTRICT RELEASE AND WAIVER OF LIABILITY

In consideration of being permitted to participate in any way in the Fitness Center and Fitness Classes I (or my minor child), for myself for personal representatives, assigns, heirs, and next of kin:

1. Have enrolled in the Fitness Center and Fitness Classes offered through the Cuyama Valley Recreation District.
2. Recognize that the program may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities.
3. Affirm that I (or my minor child) am (is) in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this exercise program.
4. Acknowledge that my (or my minor child's) enrollment and subsequent participation in this program is purely voluntary and in no way is mandated by the Cuyama Valley Recreation District.
5. Understand that these activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis, and death. These risks and dangers may be caused by my (or my minor child's) own actions or inactions, the actions or inactions of other participating in the program, the condition in which the program takes place, or the negligence of the Cuyama Valley Recreation District. There may be other risks and social and economic losses either not known to me (or my minor child) or not readily foreseeable at this time and I fully accept and assume all such risks and all responsibility for losses, costs and damages I (or my minor child) may incur as a result of my participation in this activity.
6. Hereby release, discharge, and covenant not to sue the Cuyama Valley Recreation District, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, and advertisers from all liability, claims, demands, losses, or damages on my (or my minor child's) account caused or alleged to be caused in whole or in part by the negligence of the Cuyama Valley Recreation District or otherwise, including negligent rescue operations and I further agree that if, despite this release and waiver of liability, I or anyone on my behalf, makes a claim against any of the above mentioned members, I will indemnify, save, and hold harmless each of the above mentioned members from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as a result of such claim.

I have read this agreement, fully understand its terms and above statements.

Name of Participant: \_\_\_\_\_ Minor:  YES  NO

Parent/Guardian Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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

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**RETURN SIGNED FORM TO THE REC HALL**

**FOR OFFICE USE ONLY**

DATE RECEIVED: \_\_\_\_\_ BY: \_\_\_\_\_