



## Waiver and Informed Consent form – Adult

I, \_\_\_\_\_, voluntarily agree to participate in Weekends on the Rio activities. This program may contain strenuous physical activity. I hereby affirm that I am in good physical condition and do not suffer from any disability which would prevent or limit my participation in this exercise program.

I fully understand that, although the risk of injury is low, I may injure myself as a result of my participation in Weekends on the Rio including, but not limited to, illness, soreness, or injury however caused occurring during or after my participation in the activities.

During my participation, I agree to limit my activity to a level that is comfortable to me and stop all activity if I feel uncomfortable. I will notify the class instructor and my physician if the class causes any discomfort to me. I understand that all forms of exercise involve some risk of injury. I assume full responsibility for, and risk of, bodily injury, death or property damage due to the negligence of Releases or otherwise.

I acknowledge that I have thoroughly read this waiver and release form, and fully understand it is a release of liability and assumption of risk. By signing this document, I am waiving any right I or my successors might have to bring a legal claim against the activity instructor, Weekends on the Rio, or that of their partners, assigns, employees, agents or contractors, including but not limited to Rio Grande Farm Park, San Luis Valley Local Foods Coalition, Adams State University, City of Alamosa, Alamosa Live Music Association, Cairn Yoga, Body Tune-Up, Zumba, and Walk2Connect from any liability now or in the future for conditions that I may sustain as a result of participating in these activities. I voluntarily agree to the terms and conditions stated above.

I acknowledge that I may be videotaped, audio recorded, and/or photographed during Weekends on the Rio activities, and Weekends on the Rio instructors and partners may use and modify the images and/or recordings for any and all uses, including but not limited to advertisements and marketing without any compensation and in perpetuity.

\_\_\_\_\_  
*Participant's First & Last Name*

\_\_\_\_\_  
*Participant's Signature*

\_\_\_\_\_  
*Date*

Emergency Contact Name: \_\_\_\_\_ Phone #: \_\_\_\_\_