



MINOR HEALTH & FITNESS LIABILITY WAIVER

MINOR HEALTH & FITNESS LIABILITY WAIVER I, _____ (parent/legal guardian)
consent to the following for _____ (minor child, ages 10-17):

- My child is voluntarily participating in an exercise class, cardio-training, strength-training or personal training at the Bellevue Recreation Center.
- I recognize that exercise requires physical exertion that may be strenuous at times and may cause physical injury and I am fully aware of the risks and hazards involved.
- I understand that it is my responsibility to consult with a physician prior to and regarding my child's participation in the above training/exercise or use of equipment. I represent and warrant that my child has no medical condition that would prevent his/her participation training/exercise.
- I agree to assume full responsibility for any risks, injuries or damage known or unknown which my child may incur as a result of participating in the training, exercise or use of equipment. Such injuries may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness, including death.
- I knowingly and voluntarily and expressly waive any claim I may have against the Bellevue Recreation Center or any instructor, employee, officers, owners, personal trainer, or volunteer of the Bellevue Recreation Center for injury or damages that my child may sustain as a result of participating in the training, exercise or by use of equipment.
- I, my heirs or representatives forever release waive, discharge and covenant not to sue the Bellevue Recreation Center, its employees, board members, owners and sub-contractors for any injury or death caused by their negligence or other acts. I understand that misuse of equipment may result in injury. I understand the minor membership policies set by The Bellevue Recreation Center. I understand that failure to follow these policies or misuse of equipment is a direct violation of the membership agreement and may result in revocation of my child's membership.
- I consent to allow The Bellevue Recreation Center to collect my child's photograph for identifying him/her as a member, volunteer or program participant. I have read the above waiver and release of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Parent/Guardian Signature: _____ **Date:** _____

Parent/ Guardian Name (Print): _____

Minor Name: _____ **DOB:** _____

Minor Member Signature: _____