

**AGREEMENT OF RELEASE AND WAIVER OF LIABILITY FOR FITNESS PROGRAMS & EVENTS at Turf Training Centre.**

This agreement is by and between the Instructor at Central Alberta Recreational Sports Inc. operating as Turf Training Centre. and the named Participant on this sheet.

I, \_\_\_\_\_ hereby agree to the following:

1. I am participating in Fitness programs, offered by the authorized Turf Training Centre instructor and during which I will receive information and instruction about Fitness/Athletic Training. I recognize that Fitness Programs require physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.

2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Fitness programs. I represent that I have consulted with a physician and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the Fitness programs at Central Alberta Recreational Sports Inc. operating as Turf Training Centre.

3. In consideration of being permitted to participate in Fitness Programs at Central Alberta Recreational Sports Inc. operating as Turf Training Centre, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.

5. In further consideration of being permitted to participate in Fitness Programs, I knowingly, voluntarily and expressly waive any claim I may have against the authorized Turf Training Centre instructor for damages, and injury, including death that I may sustain as a result of participating in Fitness Programs.

6. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue the authorized Central Alberta Recreational Sports Inc. operating as Turf Training Centre or their employees or their contractors for any injury or death caused by my voluntary participation in the Fitness Programs.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above. This agreement remains in effect for as long as I participate in Fitness Programs or events at Central Alberta Recreational Sports Inc. operating as Turf Training Centre.

Sign: \_\_\_\_\_

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

Parent Signature: \_\_\_\_\_

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