



**PEORIA PARK DISTRICT AND OSF SAINT FRANCIS MEDICAL CENTER
RIVERPLEX RECREATION AND WELLNESS CENTER
FITNESS CENTER OPERATIONS WAIVER**

The Peoria Park District, hereinafter known as "the District," and OSF Saint Francis Medical Center, hereinafter known as "OSF Saint Francis," are committed to conducting their fitness programs and activities in a safe manner and hold the safety of participants in high regard. The District and OSF Saint Francis continually strive to reduce such risks and insist that all participants follow safety rules and instructions that are designed to protect the participant's safety. However participants and parents/guardians of minors registered for this program(s)/activity(ies) must recognize that there is an inherent risk of injury when choosing to participate in these fitness programs/activities.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, suffers from an underlying medical condition, takes medication, smokes, has a family history of coronary disease, or has recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

WARNING OF RISK

Aerobic and other fitness exercises including such activities as passive/resistive weight training, use of stair machines, jogging, free weights, and other training devices, despite careful and proper preparation, instruction, medical advice, conditioning, and equipment, pose a substantial risk of serious injury, including death. Understandably, not all hazards and dangers can be foreseen. Participants must understand that certain risks, dangers, and injuries due to acts of God, slipping, falling, equipment failure, failure in supervision/instruction, premises defects and all other circumstances inherent to fitness activities/programs exist. Dependent upon a person's physical condition, age and skill level, aerobics and fitness exercises can involve a substantial risk of the following types of injuries:

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| 1. Heart Attack, Stroke, and Circulatory Problems | 4. Shin Splints |
| 2. Bone and Joint Injuries | 5. Muscle Strain and Other Muscle Injuries |
| 3. Back and Neck Injuries | 6. Foot Problems |

This list is by no means complete, but does include some of the more common injuries.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read the following form carefully and be aware that in signing up and participating in this program/activities, you will be expressly assuming the risk and legal liability and waiving and releasing the District and OSF Saint Francis from all claims for injuries, damages or losses which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity.

You recognize and acknowledge that there are certain risks of physical injury associated with participating in this program/activity, and you voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity, that you or your minor child/ward may sustain as a result of such participation. You fully understand and agree that all exercises including aerobic activities, the use of weights, number of repetitions, and use of any and all machinery, equipment and apparatus designed for exercising shall be at you or your minor child/ward's sole risk. Notwithstanding any consultation or instruction on exercise programs which may be provided by the District or OSF Saint Francis, it is hereby understood that the selection of

exercise programs, methods and types of equipment shall be my or my minor child/ward's entire responsibility, and that the District and OSF Saint Francis, and its officials, employees, agents, and volunteers shall not be liable for any claims, demands, injuries, damages, or loss to person or property arising out of or in connection with the use of the services and facilities contemplated by this agreement.

I/We further agree to waive and relinquish all claims I or my minor child/ward may have or which may accrue to me and/or my minor child/ward as a result of participation in this program/activity.

I/We do hereby fully release and forever discharge the District and OSF Saint Francis from any and all claims for injuries, damages, or loss that I or my minor child/ward may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this program/activity.

I/We have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, your on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.

Participant's Name (Please Print)

Participant's Name (Please Print)

Participant's Signature Date
(18 years or older or Parent/Guardian)

Participant's Signature Date
(18 years or older or Parent/Guardian)

Name of Minor Participant (Please Print)

Name of Minor Participant (Please Print)

Name of Minor Participant (Please Print)

Name of Minor Participant (Please Print)

Participant Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone #: _____

Emergency Contact: _____ Phone # _____

Are you interested in learning more about a Membership at the RiverPlex?

Yes No

PARTICIPATION WILL BE DENIED
If the signature of adult participant or parent/guardian and date are not on this waiver.