



Jewish Federation of Greater Harrisburg

CONSENT & RELEASE FORM

- I. In consideration of being allowed to participate in the activities and programs of the JCC and to use its facilities, equipment and/or machinery in addition to the payment of any fee or charge, I do hereby waive, release, and forever discharge the JCC and its officers, agent, employees, or executors, and all others from any and all responsibilities or liability from injuries or damages resulting from my participation in any activities or my use of equipment or in the above mentioned activities. I do hereby release all those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to myself, including those caused by negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of, or connected with, my participation in activities of the JCC or the use of equipment at the JCC.
- II. I understand and am aware that participating in a program that may use strength, flexibility, and aerobic exercise, including the use of equipment, is a potentially hazardous activity. I also understand that fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and/or using equipment and machinery with knowledge of the dangers involved. I hereby agree to expressly assume and accept all risks of injury or death.
- III. I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation in a league/program or use of equipment or machinery except as hereinafter stated. I do hereby acknowledge that I have been informed of the need for a physician's approval for my participation in an exercise/fitness activity or in the use of exercise equipment and machinery. I also acknowledge that it has been recommended that I have a yearly or more frequent physical examination and consultation with my physician as to physical activity, exercise, and use of exercise and training equipment so that I might have his/her recommendation concerning these fitness activities and equipment usage. I acknowledge that I have either had a physical examination and been given my physician's permission to participate, or that I have decided to participate in activity and/or use equipment and machinery without the approval of my physician and do hereby assume all responsibility for my participation activities, and utilization of equipment and machinery in my activities.
- IV. I understand that JCC programs and activities may be recorded & or photographed for archival or promotional purposes. Such recording and/or photographing may include class or activity participants. My attendance and/or participation shall be deemed my consent to appear in such recordings and/or photographs without compensation.

Print Name: _____

Date: _____

Signature: _____

Date of Birth: _____

Signature of Parent if under 18: _____

Emergency Contact _____

Phone: _____

Relationship: _____

