

RELEASE AND WAIVERS OF LIABILITY

Member ID: _____

The undersigned member hereby assumes and agrees that the Regional YMCA of Western Connecticut, Inc., its Officers, Directors, Employees, and Independent Contracting Staff (Regional Y) are not liable for, responsible for, and does not assume any liability, responsibility, or obligations for any and all claims, damages, obligations, injuries, accidental or otherwise, including actions or omissions by other persons, which may happen or occur upon the premises of the Regional Y prior to, during, while participating in, or subsequent to any Y activity. The undersigned member acknowledges that the Regional Y does not carry an accident or health insurance policy on a member at any time. The Regional Y is not liable for loss or theft to property of a member.

*The undersigned member hereby discharges, releases and waives the Regional Y from any and all irresponsibility in connection therewith.

*The undersigned member hereby acknowledges that open, family, adult, or other blocks of designated time are unsupervised and that the Regional Y does not provide, warrant, or assume any responsibility for such supervision. The Regional Y advises the undersigned members that he/she may not drop off or leave children unattended at any time, except for the time they are registered and actually participating in a class or program. Parent or guardian must remain in the building during these times.

*By participating in the YMCA Nationwide Membership Program, I agree to release the National Council of Young Men's Christian Associations of the United States of America, and its independent and autonomous member associations in the United States and Puerto Rico, from claims of negligence for bodily injury or death in connection with the use of YMCA facilities, and from any liability for other claims, including loss of property, to the fullest extent of the law

*Photographs of participants in Regional Y activities may be taken and used for promotion of the Regional Y in newspapers, magazines, or other printed or published material. Participation in Regional Y activities includes the consent of both you and your family to be photographed and for the use of such photographs by the Regional Y UNLESS YOU NOTIFY THE REGIONAL Y IN WRITING PRIOR TO PARTICIPATION.

The undersigned member hereby consents to participate, as a member of the Regional Y, in the Wellness Center, that will include the Strength Training Area and the Cardiovascular Area.

*I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in the Wellness Center. I fully understand that physical exercise has been associated with certain risks, including but not limited to musculoskeletal injury, spinal injuries, abnormal blood pressure response, and in rare instances, heart attack or death.

*I have read and understand the foregoing consent to participate in the Wellness Center. I am aware that I may discontinue participation in the Wellness Center at any time I see fit to do so. If at any time I have questions concerning the content, policies, or procedures regarding the Wellness Center, I will discuss them with the Wellness Staff or the Program Supervisor. I understand that the Cardiovascular and Strength Training areas at the Greenknoll Branch Wellness Center are periodically unsupervised. In case of an emergency, use the phone to call the front desk.

*I agree to take full responsibility for my own well-being and am of good physical condition. Any information that is obtained regarding my fitness level, medical history, and personal information will be treated as privileged information and confidential and will not be released or revealed to any other person, other than my physician or program supervisor (for record keeping purposes) without my expressed written consent.

*I release, discharge, and waive all responsibility of the Regional YMCA of Western Connecticut from and against any liability that may occur due to the participation in the Wellness Center.

This agreement by the undersigned member is for him/her, his/her heirs, executors, administrators, successors and assigns, and for minor children which he/she may by guardian or conservator of.

**The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation and remove visitation access.*

*Print Name: _____

*Signature Needed: _____

*Print Name: _____

*Signature Needed: _____

*Print Name: _____

*Signature Needed: _____