



Waiver & Release Of Liability

I understand that if I engage in any physical exercise or activity, including taking part in the Easter Seals Lift-A-Thon OR enter Follows Strength & Fitness for ANY purpose I do so at my own risk. The risks include but are not limited to injury, accidents, illness, disabilities, damages (physical & psychological), and/or death. I assume the risk of any and all injuries, damages or losses I may suffer while engaging in physical exercise or not. This includes injury or damage sustained while and/ or resulting from using the premises or any equipment, whether provided to me by the Trainer, trainer's affiliates, employees, agents and representatives or not. It also includes but is not limited to all injuries, damages or losses sustained by contact with other members, employees, agents and representatives of Follows Strength & Fitness + The Easter Seals Ontario. I assume all responsibility for such risks.

I agree on behalf of myself (and all of my personal representatives, heirs, executors, administrators, agents, and assigns) to waive any responsibility or liability from Follows Strength & Fitness + The Ontario Easter Seals (All trainers, affiliates, related entities, employees, agents, representatives, successors, and assigns) for any and all claims or causes of action (known or unknown).

This waiver and release of liability includes, without limitation, injuries which may occur as a result of (a) use of any exercise equipment or facilities which may malfunction or break, (b) improper maintenance of any exercise equipment, premises, or facilities, (c) negligent instruction or supervision, (d) negligent hiring or retention of employees, and/or (e) slipping or tripping and falling while on any portion of the premises or while travelling to or from the event, including injuries resulting from the employees or anyone else's negligent inspection or maintenance of the facility or premises.

I acknowledge that I am in good physical and mental health and have no conditions or limitations that put me at risk for harm while entering the Easter Seals Lift-A-Thon at Follows Strength & Fitness. It is my responsibility to notify staff upon discovery of potential hazards and/ or malfunctioning equipment.

Signature: _____

Parent Signature (If Under 18): _____

Date: _____