



Informed Consent and Liability Waiver Release for Participation in Exercise or Yoga Program

I agree and consent to the following:

I am voluntarily participating in a physical fitness or yoga program offered by the Roseland Free Public Library. I recognize that the program requires physical exertion that may be strenuous at times and may result in physical/psychological injury. I am fully aware of and fully understand the risks and hazards involved in my participation in such activities.

I agree that it is solely my responsibility to understand any physical limitations I may have and to consult with a physician prior to and regarding my participation in the above mentioned program. I represent and warrant that I have no medical condition that would prevent my participation in the program.

I agree to assume full responsibility for any risks, injuries, or damages known or unknown which I might sustain as a result of participating in the program. Such injuries may include, but are not limited to, heart injuries/problems, muscle injuries, bone injuries, shin splints, heat prostration, knee injuries, head, back and neck injuries, foot injuries, emotional distress, and any other illness, injury or soreness, including death.

I knowingly, voluntarily, and expressly waive any claim I may have against the Roseland Free Public Library for injury, loss or damages of any nature that I may sustain as a result of participating in the program. I further agree to hold the Roseland Free Public Library harmless from any and all damages and losses it may sustain as a result of my participation in the program.

I, my heirs or representatives forever release, waive, discharge, and covenant not to sue the Roseland Free Public Library for any loss, injury or death caused by their negligence or other acts.

I have read the above waiver and release from liability agreement. I fully understand its contents and I voluntarily agree to the terms and conditions stated above.

Signature: _____ Date: _____

Print Name: _____

February 5, 2024