

Vancouver Board of Parks and Recreation



Consent & Release for Fitness Centre users aged 12 and under

I, (name) _____ age _____

of (address) _____

Acknowledge as follows:

I have completed the "Physical Activity Readiness Questionnaire (Par Q) "and

(a) Have truthfully answered all questions with a "No" (check here : _____)

(b) Have answered one or more questions with a "Yes" (check here: _____)

If requested, I am attaching to this document a letter from my physician to participate in the program.

As a condition of use:

1. - I understand that weight training for pre-adolescents can be harmful and involve risks if conducted in an improper manner.

2. - I understand that a parent or legal guardian must accompany me at all times while using the fitness Centre.

3. - I will consult with one of the Fitness Centre Staff before utilizing equipment that I am unfamiliar with.

4. - I understand that admittance is valid only at _____ Community Centre and is made possible providing the above conditions are met.

I waive any and all claims against the City of Vancouver, the Board of Parks and Recreation, and their employees and authorized agents, and release and discharge them, their successors and assigns, from any and all actions, causes of action, claims and demands which may arise in consequence of my participation in the Fitness Centre program irrespective of whether my death or injuries to me resulted from negligence by the aforesaid parties. This release is binding on my estate and heirs.

Signed in Vancouver, B.C., this _____ day of _____ 20____

Name of Participant (please print) _____

Signature of Parent/Guardian _____

Witness _____
