

PERQUIMANS COUNTY SENIOR CITIZENS EXERCISE ROOM

STATEMENT OF RELEASE/LIABILITY WAIVER

THIS FORM MUST BE SIGNED BY EACH PARTICIPANT

The Perquimans County Senior Citizens Center strongly advises that individuals should consult their physician prior to using the equipment in its exercise area. Based on his/her medical history, it also reserves the right to require an individual to present "Consent to Exercise" form signed by a physician before using the equipment.

I, the undersigned participant, hereby indemnify and hold harmless the Perquimans County Senior Citizens Center, the town of Hertford, and Perquimans County here and after referred to as host agencies, their agents, employees, representatives and assigns from any claims resulting from injury or physical restrictions whatsoever which would prohibit my participation in the exercise area. I recognize and understand that use of the equipment may require vigorous physical activity that could result in serious or life threatening physical harm to me.

(Signature)

(Date)

EMERGENCY CONTACT PERSON:

Name _____ Phone _____

Personal
Physician _____ Phone _____

List any medications you are taking _____

List any allergies you have _____

Please describe any past or present medical diagnosis that we need to be aware of: _____

SENIOR CITIZENS CENTER

EXERCISE AREA

- 1. Senior Citizens Handout must be read and waiver signed before use of any exercise equipment.**
- 2. Be sure that shoes are clean... rubber sole shoes are best for use on all equipment.**
- 3. Proper clothing should be worn at all times...loose fitting.**
- 4. Always warm up before using any equipment and cool down after every workout.**
- 5. Know how to operate equipment before you start using it!!
Please notify someone from the office for any assistance.**
- 6. Information on any piece of equipment can be obtained in the Senior Center office.**

Thank you,

**Delphine Barr
Senior Center Coordinator**