

MOKENA COMMUNITY PARK DISTRICT

WAIVER, RELEASE OF ALL CLAIMS AND HOLD HARMLESS AGREEMENT

READ CAREFULLY

IMPORTANT INFORMATION AND WARNING OF RISK

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by participating in Track/Open Gym. It is always advisable, especially if the participant is pregnant, suffers from an underlining medical condition, takes medication, smokes cigarettes, has a family history of coronary disease, or has recently suffered an illness, injury or impairment, to consult a physician before undertaking any Track/Open Gym activity. Please recognize that Track/Open Gym activities are intended to challenge and engage the physical, mental and emotional resources of the participant. Despite careful and proper preparation, instruction, medical advice, conditioning, and equipment, there is still a risk of serious injury, including death. Depending on the particular activity, there are certain risks, dangers and injuries due to overexertion, improper technique, ignoring safety precautions, failing to follow instructions, slips and falls, unfamiliarity with the equipment and/or exercise, equipment failure, lack of instruction, premises defects and other risks inherent to Track/Open Gym activities. All participation is done at the risk of the participant, and The Oaks Recreation & Fitness Center is not liable for theft, loss of personal property, or injury, including bodily injury or death. The Center suggests that Members do not bring valuables on the Center premises.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in any and all activities connected with or associated with the Track/Open Gym privileges during the next 12 months, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss, regardless of severity, which you or your minor child/ward might sustain against the Mokena Community Park District, including their respective officers, officials, employees, owners, shareholders, agents, successors, and assigns (hereafter referred to collectively as "the Center"). Participant fully acknowledges and agrees that the Center will not accept responsibility for theft or damage to any personal property. In further consideration of my Track/Open Gym privileges for the next 12 months, I recognize and acknowledge that there are certain risks of physical injury to members, including injuries arising out of the negligence of the Center, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that I or my minor child/ward may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in any and all activities connected with or associated with my Track/Open Gym privileges against the Center during the next 12 months.

I have read and fully understand the above Important Information and Warning of Risk, and Waiver and Release of all Claims and Assumption of Risk. I accept all of the terms and conditions set forth in this Agreement and have received a copy of the Center's Track/Open Gym Guidelines and Policies. I further agree and understand that this waiver is valid and enforceable for one year from the date below.

Track/Open Gym Participant's Name (Please Print)

The Oaks Representative Signature

Date

Parent or Guardian MUST sign if participant is under the age of 18

Participant MUST sign if 18 years or older

Date _____

PARTICIPATION WILL BE DENIED

If the signature of adult participant or parent/guardian and date are not on this waiver.