

# MCCOOK PARK DISTRICT

## EXERCISE ROOM WAIVER (NON CLASS USE)

**January 1, 2026 – December 31, 2026**

The McCook Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The McCook Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this program/activity must recognize that there is an inherent risk of injury when choosing to participate in recreational activities/programs.

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 this agreement. 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, disabled in any way, or has recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

### WARNING OF RISK

Aerobic and other fitness exercises including such items as passive/resistive weight training, use of stair machines, jogging, free weights, and other training devices, despite careful and proper preparation, instruction, medical advise, conditioning, and equipment, pose a substantial risk of serious injury, including death. Understandably, not all hazards and dangers can be foreseen, Participants must understand that certain risks, dangers and injuries due to acts of God, slipping, falling, equipment failure, failure in supervision/instruction, premises defects and all other circumstances inherent to recreational activities/programs exist. Dependent upon a person's physical condition, age and skill level, aerobics and fitness exercises can involve a substantial risk of the following types of injuries. This list is by no means complete, but includes some of the more common ones:

- |   |  |
|---|--|
| 1. Heart attack, stroke, and circulatory problems | 4. Shin splints                            |
| 2. Bone and joint injuries                        | 5. Muscle strain and other muscle injuries |
| 3. Back and neck injury                           | 6. Foot problems                           |

### 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 this program/activity, you will be expressly assuming the risk of legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity.

I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of such participation. I fully understand and agree that all exercises including aerobic activities, the use of weights, number of repetitions, and use of any and all machinery, equipment and apparatus designed for exercising shall be at my or my minor child/ward's sole risk. Not withstanding any consultation or instruction on exercise programs which may be provided by the McCook Park District, it is hereby understood that the selection of exercise programs, methods and types of equipment shall be my or my minor child/ward's entire responsibility, and that the McCook Park District, including its officials, agent, volunteers, and employees (herein after collectively referred as the District) shall not be liable for any claims, demands, injuries, damages, or loss to person or property arising out of or in connection with the use of the services and facilities contemplated by this agreement.

I further agree to waive and relinquish all claims I or my minor child/ward may have or which may accrue to me and/or my minor child/ward as a result of participation in this program/activity.

I do hereby fully release and forever discharge the District from any and all claims for injuries, damages, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this program/activity.

**I have read and fully understand the above important information, warning or risk, assumption of risk, and waiver and release of all claims. If registering on-line or via fax, your on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.**

**(PRINT) Participant's Name** \_\_\_\_\_

**Participant's Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

**McCook Resident** \_\_\_\_\_ **YES** \_\_\_\_\_ **NO** \_\_\_\_\_

### PARTICIPATION WILL BE DENIED

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