

PART II: RELEASE, WAIVER OF LIABILITY, AND COVENANT NOT TO SUE
(continued)

In consideration of the previously stated factors, the undersigned participant acknowledges the existence of risks in connection with these activities, assumes such risks, and agrees to accept the responsibility of any injuries sustained by him/her in the course of his/her use of the facilities and/or equipment. More specifically, the participant acknowledges and accepts risks in one or more of the following general areas;

1. The use of exercise equipment;
2. Possible injuries or medical disorders arising out of the participant's exercising at the facilities;
3. Accidents or injuries that occur within the facilities (e.g. in the restrooms);
4. It is further recommended that participants consult with their physicians before engaging in activities that are part of the program.

I hereby certify that I am at least 18 years of age, or my parent or guardian has signed below, that I am suffering no legal disabilities, and that I, or my parent and/or guardian, have read this form carefully, understand it, and agree to be bound by its terms.

The participant further acknowledges the existence of and the need for certain rules and procedures concerning the use of equipment and facilities that are a part of F.O.R.C.E. He/she agrees to abide by those rules, and to make every individual effort to assure that the equipment and facilities are kept in safe and usable condition.

(do not detach)

Having read the preceding, I knowingly acknowledge my understanding of these risks set forth herein and knowingly agree to accept full responsibility for my own exposure to such risks. I also acknowledge that I have asked a member of the F.O.R.C.E. staff any and all questions that I have concerning this document and that my questions have been answered satisfactorily.

Participant's Name (Print)

Participant's Signature

Date

Parent's or Guardian's Signature (if participant is under 18)

Date

Witness

Date