

Hadley Council on Aging/Senior Center

Mailing address: 100 Middle Street

Hadley, MA 01035

413-586-4023

Participation Form
(to be renewed yearly)

Printed Name: _____ DOB: _____

Phone: _____ Address: _____

Emergency Contact: _____ Relationship: _____

Address: _____ Phone: _____

By filling out this form, the undersigned acknowledges that they will be voluntarily participating in an exercise program to promote healthy aging. Some activities will consist of strength training with hand weights, cardiorespiratory conditioning, table tennis, and specific exercises for the improvement of balance and will be implemented in a positive and supportive group setting. As part of the program, participants may also use or have access to the following equipment.

The following equipment may be used or is available for use in the program:

- Treadmill
- Elliptical Machine
- Recumbent Bike
- Hydraulic Resistance Machine
- Stretching machine
- Standing Balance Pads
- Exercise Balls
- Resistance Bands
- Hand Weights
- Aerobic Steps

It is the participant's responsibility to check with their Physician regarding their ability to participate in this exercise program and/or use the exercise equipment listed above. By participating in the program, the participant agrees to sign the attached release and acknowledges that they are solely responsible for knowing their abilities and limitations and for any injuries that may result from participation.

Informed Consent and Release

I, _____, am or will be participating in voluntary athletic activities at the Town of Hadley Council on Aging. To the best of my knowledge, I am healthy and able to use exercise equipment. I understand and confirm that I will choose the level of activity that will not harm me.

I agree and covenant to forever RELEASE, acquit, discharge and hold harmless the Town of Hadley, the Council on Aging, and any and all of their employees, officers, agents, board members, volunteers and assigns (hereinafter collectively the "Town of Hadley") from any and all claims of any nature whatsoever, rights of action and causes of action that may have arisen in the past or which may arise in the future, directly or indirectly, from any and all known or unknown personal injuries to me or property damage resulting from or in any way growing out of, directly or indirectly, my use of exercise equipment and/or the Council on Aging facility.

I hereby forever, RELEASE, indemnify, defend and hold harmless the Town of Hadley against any and all legal claims of any nature or kind whatsoever and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to me or property damage resulting from my participation in the Town of Hadley voluntary athletic activities and/or use of equipment.

I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my use of the facility and equipment is voluntary and that I am free to choose not to participate in any physical activities at the facility. By signing this Form, I affirm that my use of equipment and/or the facility at the Town of Hadley's Council on Aging is voluntary and I have full knowledge that the Town of Hadley will not be liable to anyone for personal injuries or property damage I may suffer while voluntarily using the facility and/or equipment.

Signature: _____ **Date:** _____