

Informed Consent and Liability Waiver Release for Participation in Exercise Program

I agree and consent to the following:

I am voluntarily participating in the "Yoga at the Library" program conducted by the Quarryville Library Center. I recognize that the program requires physical exertion that may be strenuous at times and may cause physical injury, and I am fully aware of the risks and hazards involved.

I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the above-mentioned program. I represent and warrant that I have no medical condition that would prevent my participation in the program.

I agree to assume full responsibility for any risks, injuries, or damage known or unknown which I might incur because of participating in the program. Such injuries may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to back, injuries to knees, injuries to foot, or any other illness or soreness, including death.

I knowingly, voluntarily, expressly waive any claim I may have against Quarryville Library Center for injury or damages that I may sustain because of participating in the program.

I, my heirs, or representatives forever release, waive, discharge, and covenant not to sue Quarryville Library Center for any injury or death caused by their negligence or other acts.

I have read the above waiver and release liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Printed Name

Date

Signature