

**OXFORD PARKS & RECREATION
RELEASE AND WAIVER OF LIABILITY**

Physical Activity

As a participant in an Adult Fitness Program located at the Hix Gymnasium, I hereby understand that it is my responsibility to get proper medical approval from a certified physician before using any of the fitness room equipment or participating in any of the exercise programs. I hereby affirm that I am in good physical condition, and do not suffer from any disability that would limit or prevent my using any of the fitness room equipment.

I, _____ hereby waive and agree to hold harmless the City of Oxford against any and all claims, demands and causes of action that I might have or assert against the City of Oxford, its employees, agents, representatives, including volunteers, arising from my use of the fitness room equipment. I assume all risks involved in using the equipment, and I acknowledge and recognize the risks involved and the possibility that I may injure myself as a result of using the equipment. As a participant, I agree to take full responsibility and liability for any temporary or permanent bodily injury/damage that may happen to me while using the fitness room now and in the future including but not limited to, heart attacks, muscle strains, pulls or tears, broken bones or soreness caused during and after using the fitness room equipment. In consideration of the acceptance of this form, I hereby agree to release and forever hold harmless the City of Oxford, its employees, agents, representatives, including volunteers, from any and all liability due to injury that may result from my participation in an Adult Fitness Program.

I certify that I am at least **18 years of age** and that I have read and understand the above.

Participant's Signature

Date

Emergency contact information:
(PLEASE PRINT CLEARLY)

Name: _____

Phone: _____

***Please note that this waiver is valid for a period of 1 year
and will need to be renewed at the end of that time.***

For Staff Use Only:

Expires: _____

Staff Initials: _____