

**Health and Fitness Liability Waiver/Informed Consent Form**

***Please read carefully and sign below. Legal rights are being waived.***

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have enrolled in the yoga exercise class which is being offered by volunteer Dr. Cristina Bailey or Pamela Stewart, at no charge to participants. The exercise class will be conducted on HFC property and is open to all HFC employees. I recognize the class may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities. I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this exercise class. I acknowledge that my participation is purely voluntary and in no way is connected to Henry Ford College.

In consideration of my participation in this program, I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, hereby release Henry Ford College, its Board of Trustees, individual trustees and its agents, in their official and individual capacities, from any claims, demands, and causes of action as a result of my voluntary participation and enrollment.

I fully understand that I may injure myself as a result of my enrollment and subsequent participation in this program and I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, hereby release Henry Ford College, its Board of Trustees, individual trustees and its agents, in their official and individual capacities, and Dr. Cristina Bailey or Pamela Stewart from any liability now or in the future for conditions that I may obtain. These conditions may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness that I may incur, including death.

**IMPORTANT NOTICE:**

THIS DOCUMENT RELIEVES **HENRY FORD COLLEGE AND OTHER RELEASEES** FROM LIABILITY FOR PERSONAL INJURY, WRONGFUL DEATH, AND PROPERTY DAMAGE CAUSED BY NEGLIGENCE.

I HAVE READ THIS WAIVER AND RELEASE OF LIABILITY AND INFORMED CONSENT, AND AM SIGNING IT VOLUNTARILY AND WITH THE UNDERSTANDING THAT SUBSTANTIAL RIGHTS ARE BEING GIVEN UP. I FURTHER ACKNOWLEDGE THAT FAILURE TO WITNESS OR NOTARIZE THIS AGREEMENT SHALL NOT AFFECT ITS VALIDITY.

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(Participant Signature) Date