

The Groton Center

Fitness Center

INFORMED CONSENT TO PARTICIPATE

I wish to voluntarily use the cardio and weight resistance equipment in the Fitness Center at The Groton Center. The equipment is designed to gradually increase the work load on my cardiovascular and/or musculoskeletal systems.

I understand that there are inherent risks associated with exercise. I understand that the reaction of the heart, lungs and blood vessel systems to such exercise cannot always be predicted with accuracy. Possible injuries or medical disorders arising out of my participation in the fitness program, such as, but not limited to heart attack, stroke, sprains, broken bones, torn muscles, torn ligaments, and in rare instances, cardiac arrest can occur. Knowing these risks, I nonetheless request to use the cardio and weight resistance equipment and assume all risks associated with my participation. I acknowledge I have no medical conditions that may prohibit my participation in this program.

I understand that The Groton Center Fitness Center is an UNSUPERVISED fitness center. I also understand that safety policies and procedures involving the fitness equipment will be explained to me during the orientation sessions. I understand that if I do not follow these guidelines my membership in The Fitness Center will be revoked.

I also understand that I must receive permission from my physician prior to joining the Fitness Center and using the equipment. I am aware of any risks associated with this equipment.

I agree to release and hold harmless and will indemnify the Town of Groton, and their employees, and volunteers, and against all past, present and future claims and from unexpected complications and/or injuries that may occur because of my participation.

I understand that I am free to withdraw from this program at any time with refunds pursuant to Mass Law, Chapter 93, Section 82.

I certify that I have carefully read this form before signing it.

Name _____ Date _____

Signature _____

Senior Center Staff _____ Date _____