

Informed Consent and Liability Waiver Release

Participation in Sherwood Zumba Exercise Program

Group Leader: Wendy Jacob

I agree and consent to the following:

I am voluntarily participating in the Sherwood Zumba exercise/fitness program conducted by Zumba Instructor, Wendy Jacob and the Village of Sherwood, which includes but is not limited to Wanick Park, Village Gym, or High Cliff State Park. 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 as a result 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 knees, injuries to back, injuries to foot, or any other illness or soreness, including death.

I, my heirs or representatives forever release waive, discharge and covenant not to sue the Village of Sherwood or Wendy Jacob for any injury or death caused by their negligence or other acts.

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

WILL BE GOOD FOR THE YEAR 2024

Date: _____/_____/_____

Signature: _____

Print Name: _____