

Free Fitness in the Park – Agreement and Disclaimer Form

Staff and management at Maroondah Leisure are committed to provide participants with high quality service and programs, which are both enjoyable and safe. For most people exercise is fun, positive and an energising pastime that improves health and leads to an enhanced quality of life. However, there are a small number of people who may be at risk when participating in an exercise program.

THINGS YOU NEED TO KNOW

- Bring a drink bottle, towel, wear sunscreen, a sunhat, comfortable clothing and laced training shoes when participating in the sessions
- Children under 16 must be accompanied by a parent/guardian
- Mums with bubs participating must have had at least six weeks since birth

PHYSICAL CAPABILITY

- I am physically capable of and there is no reason to prevent me from participating in any physical activity or using the machines and equipment offered by Maroondah City Council ABN 98 606 522 719.

MEDICAL HISTORY AND ILLNESS

- I agree to inform the instructor of any medical condition, history or advice that restricts me from participating in any physical activity or from using the equipment and machines in any way. I am aware that failure to so inform the instructor could lead to possible unnecessary injury, illness and even death to myself.
- I agree to inform the instructor immediately of any adverse changes occurring during exercise such as fatigue, shortness of breath, chest discomfort, dizziness, fainting etc. I am aware that failure to so inform the instructor could lead to possible injury, illness or even death to myself.
- I agree that there is a risk in any physical activity and in the use of equipment and machines of injury, illness and even death and voluntarily accept that risk.

To the extent permitted by law, I understand that I participate in this session /class (“program”) entirely at my own risk and I agree to hold harmless and indemnify each of Maroondah City Council, its staff and agents (collectively “Council”) from and against all claims, demands, damages, actions, expenses, costs, charges, losses and/or penalties which I or any other person or party may have against Council or any of them arising out of or in any way connected to my attendance at in this program. I have noted, accurately to the best of my memory, my known medical conditions and medications which may be relevant to my participation in the program or which may be relevant to the rendering of emergency medical treatment. I authorise Council to obtain, such medical assistance and treatment as Council may deem necessary, if, in Council’s view, there is a medical emergency in relation to myself and I agree to reimburse Council all costs and losses it incurs in relation to obtaining medical treatment for myself.

Maroondah Leisure is committed to the privacy principles as prescribed by the Information Privacy Act 2000. The information on this form is being collected to enable us to ensure accurate enrolment, medical and contact details. Your information may be accessed by our staff and session instructors. Your information will not otherwise be disclosed except as required by law. Our Privacy Officer may be contacted on 9298 4211 or email: privacy@maroondah.vic.gov.au

I have read the above policies, terms and conditions of participating in Maroondah Leisure programs.

Participant Name: Phone Number:

Signature: Date: / /

Emergency Contact Name: Contact Number:

Aquahub

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Aquanation

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