



# Lake Forest Fitness Center

400 Hastings Road  
Lake Forest, Illinois 60045

The Lake Forest Recreation Department complies with the American With Disabilities Act. Please contact the main office at (847) 234-6700 if you or your family members require special medical assistance or have special needs.

## Liability Waiver and Hold Harmless Agreement

Please read this form carefully and be aware that by registering for and participating in this program(s), or by registering your minor child/ward for participation in this program(s), you will be waiving your rights and/or the rights of your minor child/ward to all claims for injuries you or your minor child/ward might sustain arising out of this program(s) and you will be required to indemnify, hold harmless and defend the Lake Forest Recreation Department and the City of Lake Forest for any claims arising out of participation in said program(s).

For purposes of this Liability Waiver and Hold Harmless Agreement, the "program" or "programs" to which it relates include any and all activities undertaken or supervised by, or otherwise made available by or through, the Lake Forest Recreation Department and/or The City of Lake Forest (collectively "Lake Forest"), including activities involving the unsupervised use of equipment or property of Lake Forest.

**Risk of Injury:** As a participant in the program, or as a parent or legal guardian of a participant under 18 years of age, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of injuries, including death, damages, or loss which I may sustain as a result of participating in any and all activities associated with this program.

**Waiver of Injury Claims:** I agree to waive and relinquish any and all claims I may have arising out of, connected with, or in any way associated with the activities of the program.

**Release from Liability:** I do hereby fully release and discharge the Lake Forest Recreation Department and the City of Lake Forest and its officers, agents and employees from any and all claims from injuries, including death, damage or loss which I or my minor child/ward may have or which may occur on account of participation in the program.

**Indemnity and Defense:** I further agree to indemnify, hold harmless and defend the Lake Forest Recreation Department and the City of Lake Forest and its officers, agents, and employees from any and all claims from injuries, including death, damages and losses sustained by me or my minor child/ward and arising out of, connected with, or in any way associated with the activities of the program.

**Code of Conduct:** The goal of the Lake Forest Recreation Department is to provide positive experiences in which all individuals are welcome and treated with respect, sensitivity and fairness. The Lake Forest Recreation Department offers its programs and services to all individuals on an equal basis regardless of age, race, religion, sex, creed, sexual orientation, national origin or disability.

Members 12 & 13 years old are required to be directly supervised by their own parent or guardian in the Fitness Center at all times. The Lake Forest Recreation Department reserves the right to restrict, suspend, expel or deny participation in any program or service to any person whose behavior materially interferes with or disrupts the quality or the enjoyment by other participants, or the ability of staff to conduct or manage the activity or facility.

**Unacceptable Behaviors include but are not limited to:**

- Use of abusive language or language that is demeaning to others
- Use of physical force against participants or employees
- Disrespect towards other participants or employees
- Damage to or inappropriate use of property, equipment or facility
- Behavior that is disruptive or against the law
- Any other behavior that the Recreation Staff feels is inappropriate or dangerous

**CONSEQUENCES:**

- 1. First Incident:** Verbal warning given
- 2. Second Incident:** Written warning; if a minor, then parent or guardian is contacted and must sign written warning. Member must sit/stay out of the program or Fitness Center for the day.
- 3. Third Incident:** Member is suspended or expelled from the program or Fitness Center. If a minor, parent will be required to sign suspension notice.

If an employee, Personnel Guidelines will be enforced.

The severity of the incident or incidents, will dictate the severity of the consequences and the Lake Forest Fitness Center reserves the right to determine the amount of refund, if any.

**In the event of any emergency,** I authorize the Lake Forest Recreation Department to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed reasonable and necessary for myself or my minor child's immediate care and agree that I will be responsible for payment of any and all medical services rendered.

I have read and fully understand and agree to the above Liability Waiver and Hold Harmless Agreement.

**Print Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_