NYC Parks

FORT TRYON PARK TRUST

Attendance Sheet, Liability Waiver & Release

I am physically fit to exercise and have obtained any necessary medical clearance from my physician prior to beginning or continuing an exercise program. Persons over the age of 40 and/or who have any known or suspected cardiovascular conditions or ailments, or any other physical condition(s) which may impact their ability to engage in physical activity, should consult with a physician prior to beginning or continuing an exercise routine.

I am knowledgeable about how to exercise in general. I recognize that fitness programs require physical exertion that may be strenuous and may cause serious physical injury, even death, and I am fully aware of the risks and hazards involved. I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.

In the event that I am injured in any way or suffer any medical condition as a result of participating in the program sponsored by the Fort Tryon Park Trust and City of New York, acting through the Department of Parks & Recreation ("NYC Parks"), on behalf of myself, my heirs, agents or assigns, I hereby waive any claims, demands, or cause of action and release from any liability whatsoever, the Fort Tryon Park Trust and the City of New York and their agents, officers, participants, consultants, employees, and all persons or entities acting in any capacity on their behalf (including Fort Tryon Park Trust fitness instructors).

I hereby grant NYC Parks and the Fort Tryon Park Trust permission to photograph, film, or record my actions and/or likeness in connection with NYC Parks and Fort Tryon Park Trust programming, which can be used for future promotional and/or marketing materials for the program and any other NYC Parks purpose.

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

Today's date: _____

Name (please print)	Email	Signature