

**WAIVER & RELEASE OF LIABILITY  
AND CONSENT TO MEDICAL TREATMENT**

for

Village of Savoy Recreation Center Programs/Activities  
and/or

Village of Savoy/Champaign Park District, and/or Urbana Park District  
Joint Programs/Activities

**IMPORTANT INFORMATION**

The Village of Savoy, and if applicable, the Champaign Park District and/or Urbana Park District (hereinafter collectively referred to as the "Village and Park Districts") are committed to conducting their recreation programs and activities in a safe manner and hold the safety of participants in high regard. The Village and Park Districts continually strive to reduce such risks and insist that all participants follow safety rules and instructions that are designed to protect the participant's safety. However, participants and parents/guardians of minors registering for and participating in any fitness classes, special events, program and/or sports activities and/or membership usage of the recreational facilities including but not limited to all areas of the Savoy Recreation Center, all Park District facilities and any other facilities and places where such programs take place, must recognize that there is an inherent risk of injury when choosing to participate in these activities.

Group fitness classes, special events, program and/or sports activities and/or membership usage of the afore-mentioned facilities are intended to challenge participants physically and mentally. Physical activities may include, but are not limited to basic calisthenics, plyometric exercises, general bench step exercises, running, cardiovascular workout, jump rope, aerobic dance, use of stability balls, exercises with exercise bands, use of Nautilus and free-weight equipment, stationary aerobic equipment, and sports activity participation.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or skilled for any group fitness class, special events, program and/or sports activities, or membership usage of the facilities. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

If you experience any signs of dizziness, chest pains, nausea or loss of coordination, stop exercising immediately and consult with a physician. Wear proper footwear to prevent stress on your joints. Listen to your body. Pain is a sign from your body that you are doing too much or doing something incorrectly. A little fatigue after a workout is normal, but if you're still tired or in pain two days later, you may have overdone it and you should consult with a physician before resuming activities.

**WARNING OF RISK**

Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including death. Strenuous, challenging and/or aggressive activities such as swimming, weight lifting, extreme endurance and martial arts often involve a greater risk of injury. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, risks may include injuries due to insufficient warm-up of muscles before exercising, overexertion, slip and falls, poor skill level or conditioning, carelessness, premises irregularities, inadequate or defective equipment, and inadequate instruction or supervision. In this regard, it must be recognized that it is impossible for the Village and any co-sponsoring Park District to guarantee absolute safety.

Depending upon a person's physical condition, age and skill level, aerobics and group fitness exercises, special events, program and/or sports activities, and membership usage of the facilities can involve a substantial risk of the following types of injuries. This list is by no means complete, but includes some of the more common ones:

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| 1. Heart attack, stroke and circulatory problems | 4. Shin splints                            |
| 2. Bone and joint injuries                       | 5. Muscle strain and other muscle injuries |
| 3. Back and neck injury                          | 6. Foot problems                           |

**WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK**

Please read this form carefully and be aware that in signing up and participating in any group fitness class, special event, program and/or sports activities or membership usage, you will be expressly assuming the risk of such activities and waiving and releasing the Village and any jointly sponsoring Park District from all claims for injuries, damages or loss, which you or your minor child/ward might sustain as a result of participating in the afore-mentioned activities.

➤ I recognize and acknowledge that there are certain risks of physical injury to participants in any group fitness classes, special event, program and/or sports activities or membership usage of the facilities, which risk of injury is even greater in strenuous, challenging, aggressive, competitive and endurance activities. I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and release all claims I or my minor child/ward may have or which may accrue to me or my child/ward as a result of participating in any group fitness classes, special events, program and/or sports activities or membership usage of facilities against the Village and any jointly sponsoring Park District, including their instructors, officials, agents, volunteers and employees, to the extent allowed by law.

➤ I understand that I, or my child/ward may be photographed or videotaped while participating in any of the afore-mentioned activities. I give my permission for photos and videotapes of me, or my child/ward to be used solely to promote the Park Districts and the Village and further understand and agree that such photos and videotapes will be the property of the Park Districts and the Village.

