



# GUEST WAIVER

(Parent or Guardian must sign for minors under 18 years of age)

(Please Print Legibly)

Today's Date: \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Name of Any Dependents also here as Guests Today: (if applicable):

	<u>First Name</u>	<u>Last Name</u>	<u>Age</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

Person to Contact in Case of Emergency:

Name \_\_\_\_\_ Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Relationship \_\_\_\_\_

How did you hear about the JCC Family Sport and Fitness Center? (Please check all that apply)

- Existing JCC Member/Employee: Whom \_\_\_\_\_
- Newspaper: Source \_\_\_\_\_
- Medical Professional: Whom \_\_\_\_\_
- Radio/Television Ad: Station \_\_\_\_\_
- Friend/Relative: Whom \_\_\_\_\_
- Literature: Source \_\_\_\_\_
- Employer/Corporate: Whom \_\_\_\_\_
- Other: \_\_\_\_\_

The undersigned hereby agrees to indemnify and hold harmless, the Jewish Community Center, its agents, and independent contractors from and against any and all claims, damages and expenses arising out of any damages, bodily injury, sickness or death resulting from use of this facility and/or participation in any activity in the Jewish Community Center's Family Sport and Fitness Center.

I understand that there are risks associated with physical activity, including but not limited to musculoskeletal injuries, abnormal blood pressure, fainting, irregular fast or slow heart rhythms, and in rare instances, heart attack, stroke or death. I understand that should I have any known medical condition, that it is my responsibility to consult with a physician before beginning any physical exercise program, and I acknowledge that by signing below, I am taking full responsibility for my health should I choose not to consult a practitioner.

I understand that as a member or guest of a facility it is my responsibility to abide by all the rules of the facility and carefully use the equipment within. I assume responsibility for any and all injuries that might occur as a result of using the equipment improperly or failing to check the stabilization of the equipment prior to use. Personal trainers are available by appointment to members and guests. Members are highly advised to take advantage of two (2) free sessions with our Exercise Physiologists. The JCC recommends that all members and guests use the trainers to minimize possible injuries, and/or complication.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

OFFICE USE ONLY: STAFF INITIALS: \_\_\_\_\_ LICENSE REFERENCED: \_\_\_\_\_