

M.S.A.D. #1 RELEASE FORM

Release, Assumption of Risk, and Agreement to Indemnify and Hold Harmless

As a participant engaging in physical exercise and using the equipment during the aerobics and/or other fitness classes offered by M.S.A.D. #1 Adult Education (the "activities"),

1. I hereby agree to assume all risk of injury, harm or damage to my person or property (including all risks of injury, harm or damage to my person or property caused by the negligence of Maine School Administrative District No. 1, its Board of directors, agents or employees) arising during, or in connection with, said activities.

and

2. I do hereby release and agree to indemnify and hold harmless Maine School Administrative District No. 1, its Board of Directors, agents and employees from any and all liability, actions, damages and claims of any kind or nature whatsoever (including liability, actions, damages and claims caused by or arising from the negligence of Maine School Administrative District No. 1, its Board of Directors, agents and employees) for injury, harm or damage to my person or property that may arise or occur during, or in connection with, said activities.

I agree to comply with all rules respecting the use of the various facilities and equipment used in classes offered by M.S.A.D. #1.

I hereby attest that I am 18 years of age or older.

Date	Print Full Name	Signature
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Instructors, please keep the following information in your attendance folder:

In case of an emergency involving _____, please contact:
(participant's name)

Name	Relationship	Telephone Number
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