



Informed Consent and Liability Waiver Release for Participation in Line Dance Classes

I agree and consent to the following:

I am voluntarily participating in the Bow Valley Line Dance Club dance classes, parties, and events organized by the Bow Valley Line Dance Club. I recognize that the classes require physical exertion that may be strenuous at times and may cause physical injury and I am fully aware of the risks and hazards involved.

I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the above-mentioned program. I represent and warrant that I have no medical condition that would prevent my participation in the program.

I agree to assume full responsibility for any risks, injuries or damage know or unknown which I might incur as a result of participating in the program. Such injuries may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness, including death.

I knowingly, voluntarily and expressly waive any claim I may have against the Bow Valley Line Dance Club, its Directors, guest instructors or any facilities used by them for injury or damages that I may sustain as a result of participating in the program.

I, my heirs or representatives forever release waive, discharge and covenant not to sue the Bow Valley Line Dance Club, its Directors, or guest instructors for any injury or death caused by their negligence or other acts.

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

Signature: _____ Date: ____/____/____

Print Name: _____

Line dancing is a physical activity. If you have any medical conditions, health concerns or are taking medications that could affect your taking these classes, please outline them below. You know your body better than anyone. If you find yourself feeling out of breath, dizzy or ill, listen to your body. Stop dancing and let the instructor know.

Health concerns:

This waiver applies to the membership year Sept 1, 2020 to August 31, 2021