

UINTAH COUNTY FITNESS ROOM LIABILITY WAIVER AND RELEASE FORM

Because physical exercise can be strenuous and subject to risk of serious injury, Uintah County Wellness urges you to obtain a physical examination from a doctor before beginning any exercise or training program.

You agree that by participating in these physical exercise sessions or personal training activities, you do so **entirely at your own risk**. This includes, without limitation:

- (a) your use of all amenities and equipment in the facility and any off site location and your participation in any activity, class, program, personal training or instruction;
- (b) the sudden and unforeseen malfunctioning of any equipment;
- (c) our instruction, training, supervision or dietary recommendations.
- (d) agree to report any inappropriate use of equipment, and notify HR of any disrepair or need of maintenance

You agree that you are voluntarily participating in these activities, and the using of these facilities and premises, without supervision **and assume all risks of injury**. You expressly agree to release and discharge Uintah County, its officers and employees from any and all claims or causes of action. You agree to use the fitness facility on your own time. Time in the fitness room is NOT work related.

This waiver and release of liability includes, without limitation, all injuries to you which may occur, **regardless of negligence**.

You acknowledge that you have carefully read this Waiver and Release and fully understand that it is **a release of liability**. You agree to voluntarily give up any right that you may otherwise have to bring a legal action against Uintah County its officers and employees for negligence, or any other personal injury or property damage or loss action.

Signed:

_____ Date: _____