



YMCA of Western Ontario Consent and Waiver of Liability

Name: _____

Address: _____ City: _____

Postal Code: _____ Telephone: _____

Date of Birth: _____ Email: _____
DAY/MONTH/YEAR

Emergency Contact Name & Phone # _____

In consideration of being allowed to participate in any way in the Program offered by the YMCA, or related events and activities, the undersigned acknowledges, appreciates and agrees that:

1. There is a potential for the risk of injury from participating in this program, and while particular rules, equipment, and personal discipline may reduce the risk, the risk of serious injury does exist.
2. ALL SUCH RISKS ARE KNOWINGLY AND FREELY ASSUMED, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and Participant assumes full responsibility for participation.
3. Participant willingly agrees to comply with the stated and customary terms and conditions for participation. If however he/she observes any unusual significant hazard during participation, he/she will remove himself/herself from participation and bring such to the attention of the nearest YMCA representative immediately.
4. Participant hereby, in his/her personal capacity, and also as parent and/or guardian the Participant, and on behalf of heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS, YMCA of Western Ontario, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and leasers of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

Guest Code of Personal Conduct

I will conduct myself in a mature and responsible manner while engaged in business or activity within the YMCA

Further, I will:

1. Devote a full measure of my time, effort, and skills to honor the agreement at place.
2. Treat all persons served by the YMCA and all employees of the Association with respect.
3. Respect the rights, opinions and freedom of expression of others.
4. Abide by the provisions of the Human Rights Code of Ontario when dealing with other staff members and/or members including workplace harassment, racism and other abusive behaviors.
5. Adhere to all YMCA policies and procedures and Member Etiquette rules.
6. Refrain from any activity for the duration of the agreement that would reflect negatively on the Association.

Staff Initial: _____

In Specific, you agree to refrain from the following:

- Use of drugs or alcohol, or smoking on the premises.
- Offensive or abusive language or actions.
- Carrying of weapons of any kind or other objects which could compromise public safety.
- Carrying of cameras (even in cell phones) or any other video recording equipment.
- Fighting , taunting or threatening remarks or gestures.
- Dangerous, abusive, profane or inconsiderate behavior.
- Interfering with security procedures.
- Any other conduct that is known or ought reasonably to be known to be unacceptable behavior for anyone attending an athletic facility.

Fitness Facility Etiquette

1. Members must be a minimum of 13 years to use the fitness centre.
2. Proper dress is required. This includes running shoes, shorts/track pants, and t-shirts.
3. For your safety, glass bottles and containers are not permitted in the fitness centre.
4. Keep all personal belongings, such as bags and coats in your locker.
5. Restrict use of cardio equipment to 30 minutes during busy times.
6. Wipe machines after each use and discard wet towels into containers provided.
7. Use weight collars/clips on free weight equipment – as they prevent injuries and accidents.
8. Allow other members to use equipment between sets.
9. Gently place weights on the floor between sets and return all equipment to the designated locations after use.

The YMCA of Western Ontario is a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate of others. Y Members, Volunteers, and Staff all pledge to treat one another with respect and dignity.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name: _____ Signature: _____

Member/Guest of: _____ Signature: _____

Date: _____ Time: _____

Staff Initial: _____