

## Release & Informed Consent Form

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### Release & Informed Consent Form

I, (Name of Participant) \_\_\_\_\_, give consent to participate in Aquatic Workout Classes conducted by **Coach T-Mac and Sheila**

#### **Benefits**

Participation in a regular program of physical activity has been shown to produce positive changes in a number of organ systems. These changes include increased work capacity, improved cardiovascular efficiency, and increased muscular strength, flexibility, power and endurance.

#### **Risks**

We recognize that exercise carries some risk to the musculoskeletal system (sprains, strains) and the cardio respiratory system. We **Coach T-Mac and Sheila**, hereby certify that we know of no medical problems that would increase the participants' risk of illness and injury as a result of the participants' participation in a regular exercise program.

#### **Note:**

**ALL PARTICIPATING ADULTS ARE REESPONSIBLE FOR SUPERVISION OF UNDERAGED CHILDREN AT THE POOL AND SURROUNDING AREA OF THE PARK. CHILDREN OVER THE AGE OF 12 YEARS OLD ARE WELCOME TO JOIN WITH A PARENT IN THE POOL FOR WORKOUTS.**

By signing this consent form we understand that the participant is personally responsible for actions during his or her tenure with **Coach T-Mac and Sheila**, and (Name of Location) Emerald Bay Recreation Center are not responsible if participants should incur any injury as a result of their negligence.

Signed: \_\_\_\_\_

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