

City of Friendswood – Parks & Recreation Department Participant Information Sheet & Waiver 2019

* = Required Field

*First Name _____ *Last Name _____ *DOB: __/__/____ *Sex: _____

*Home Address: _____ *City: _____ *Zip: _____

Phone: (_____) _____ Email: _____

Want to receive text alerts for class updates? If so, please list your cell carrier: _____

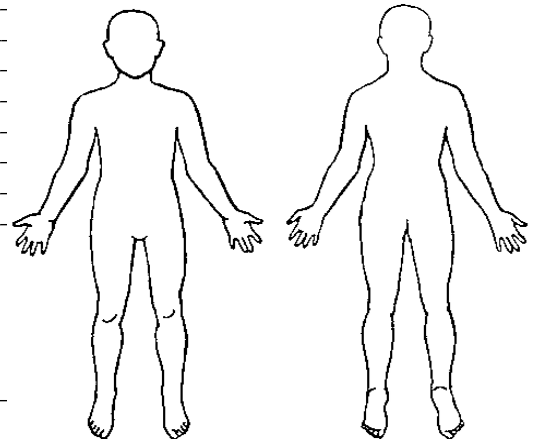
Yes ___ No ___ Are you currently involved in a regular exercise program such as walking, swimming, or cycling?

Yes ___ No ___ Do you practice stretching exercises on a regular basis?

Yes ___ No ___ Have you practiced in Yoga or Pilates before?

If so, what style and for how long? _____

Please indicate below any medical information or health problems that you think is important for us to know before you participate in the activity and indicate the areas of concern on the diagram.



*Emergency Contact: _____

*Relation: _____ *Phone: _____

PLEASE READ CAREFULLY AND SIGN

Assumption of Risk & Waiver of Liability: All participants are encouraged to have a physical examination and obtain adequate health and accident insurance prior to participation in City activities or programs. Intending to be legally bound, do hereby, for myself, my executors and administrators, waive and forever discharge all rights and claims for injuries or damages which may hereafter occur to me against any person, organization, sponsor or entity for any and all damages which may be sustained and suffered by me, in connection with my association or entry in this activity or program.

I have read the foregoing and I fully understand it and agree to the limits of my liability and accept the restrictions thereof. Any questions that may have occurred to me have been answered to my satisfaction. I have indicated above any health problems that would limit my participation in this activity or program. If any problem arises, it will be my responsibility to notify the Parks and Recreation Department and to update my information records. I also understand that my photo or likeness may be used in any promotional materials and/or publications that the City may deem fit.

*Participant's Signature

*Date

How did you hear about this Activity?

Email Alert City Website Marquee Flyer Facebook Friend Other: _____