



SNOQUALMIE RIDGE ATHLETIC CLUB
7713 Center Blvd SE #120
Snoqualmie, WA 98065
(425) 396-1312

PROGRAM REGISTRATION FORM

Adult Waiver and Release (18+)

PROGRAM NAME: _____

I understand that engaging in any physical exercise, class, or activity or using the fitness equipment/facilities and/or participating in any outdoor program through Snoqualmie Ridge Athletic Club for any purpose may pose a serious risk to health or cause death. Therefore, prior to commencing such an exercise program or using the fitness equipment or facilities, I will list all health conditions and provide my physician's contact information. I understand that it is strongly recommended that a physician be consulted to ensure that it is appropriate for me to engage in the physical activities in which I desire to participate. I understand that after starting to engage in physical activity, if I notice any changes in my physical condition that may indicate a health risk in continuing physical activity, it is strongly recommended that a physician be consulted to ensure that it is appropriate to continue the physical exercise, class, or activity. I agree that if I engage in any physical activity or use the fitness equipment and/or facilities, I do so at my own risk. I assume all risk of injury, illness, damage or loss to me or my property that might result from my participation in exercise, classes, activities, or use of the fitness equipment and/or facilities at Snoqualmie Ridge Athletic Club.

I hereby release and discharge and covenant not to sue Snoqualmie Ridge Athletic Club, its agents, officers and employees, from and for any and all liability for all loss or damages, and any claims or demands thereof, on account of injury to my person or property, including death, arising from any physical exercise, class, or activity or use of the fitness equipment/facilities and/or participating in any outdoor program through Snoqualmie Ridge Athletic Club on behalf of myself, my heirs and executors. I agree, furthermore, to indemnify and hold Snoqualmie Ridge Athletic Club and its agents harmless for any loss, liability, damage, or cost, including reasonable attorney fees, that may occur as a result of or due to my presence in or about the premises or resulting from my participation at or through the Snoqualmie Ridge Athletic Club.

By signing below, this indicates that I have read, understand, and agree to the "Program Registration Form: Adult Waiver and Release".

Print Name: _____ Age: _____ DOB: ____/____/____

Signature: _____ Date: _____