COUNCIL ON AGING RELEASE

For treadmill, elliptical machine, bike, free weights, weighted bars, weighted balls, and resistance bands.

This document is to serve as a release; and by signing below, it acknowledges that you represent yourself in good health with no liability or condition that would prevent you from engaging in usage of the treadmill, elliptical machine, bike, free weights, weighted bars, weighted ball program and resistance bands.

You, the participant, shall assume any/all risk and release and hold the Rockport Council on Aging harmless for any/all liability suffered by you during or as a consequence of participating in using the treadmill, elliptical machine, bike, free weights, weighted bars, and weighted balls. Neither the COA nor any instructor involved in organizing or conducting the program shall have any liability or responsibility for any injury or harm.

I have carefully and thoroughly read and understand the above agreement and want to participate in usage of the equipment listed above.

NAME	SIGNATURE	DATE
ADDRESS	CITY/TOWN	PHONE
DATE OF BIRTH		