



Consent and Liability Waiver Form

DISCLAIMER, Strides Health & Fitness Club is not responsible for any injury (including death) or loss of property suffered while participating in the gym activities, using the equipment or any Strides premises for any reason whatsoever, including ordinary negligence on the part of Strides Health & Fitness Club, its agents or employees. Strides Health & Fitness Club is also not responsible for any damages whatsoever to any vehicles on premises parking lot or any theft of the vehicle or articles from the vehicles.

I also agree to indemnify and hold harmless Strides Health & Fitness Club, its agents or employees for any and all claims arising as a result of my engaging in physical activity or any other activities within our premises.

I understand that this waiver is intended to be as broad and inclusive as permitted by the laws of Nova Scotia and agree that if any portion is held invalid, the remainder of the waiver will continue in full legal force and effect. I further affirm that the venue for any legal proceedings shall be in the Province of Nova Scotia.

I affirm that I am of legal age and am freely signing this agreement. I have read this form and fully understand that by signing this form, I am giving up legal rights and /or remedies, which may be available to me for the ordinary negligence of Strides Health & Fitness Club or any of the parties listed above.

Please read before signing

Signature

Date

Note: If the participant is not 18 years of age or older, he/she must have the consent of a parent or guardian who will also read, understand and agree to the above terms. The Parent or Guardian must then sign and assume responsibility for the above terms as well as the trainee.

Signature of parent or guardian

Date