



Consent/Release for PD Exercise Class Participants Delay the Disease

General Information

Delay the Disease is a Parkinson's – specific class for all levels of people with Parkinson's Disease.

Release

I have read the statements below and release the Valley Shore YMCA, its members, agents, heirs, successors and assigns, from any such liability. I have inspected the building, its environs, and the physical area where the exercise training will be conducted, and they are acceptable to me. Therefore, I release the property owner from any and all liability or cause of injury and shall indemnify and hold them harmless from any such liability.

I have been diagnosed with Parkinson's Disease, or have received a recommendation from my physician that I have a neurological condition that is similar to Parkinson's disease. I understand that a common symptom of Parkinson's Disease and other neurological disorders is loss of balance, which can lead to falls. By signing this, I represent that I am physically able to undertake the exercise program and have made full disclosure of any physical problem now existing.

By signing this, I represent that I am physically able to undertake the exercise program and have made full disclosure of any physical problem now existing. I agree that this exercise program will be undertaken at my own risk and that I am responsible for informing the Valley Shore YMCA of any exercise or activity related to the exercise program that causes discomfort and/or pain. I also understand that it is my decision whether or not to continue the exercise program in the event of injury or illness. By continuation of a program, I represent that I am physically able to undertake any and all physical exercise provided.

Name _____

Signature _____

Date _____

The Valley Shore YMCA staff members are not, nor do they claim to be, physicians or possess medical knowledge. Therefore, they cannot take responsibility for any injury or illness related to this exercise class.