

River Oaks Community Church – Run for God

February 12 – May 7, 2018

Participant Waiver

I hereby acknowledge that my voluntary participation in the Run for God Class, sponsored by River Oaks Community Church (Church hereinafter referred to as the “Sponsor”) may involve health risks and of bodily or personal injury. I understand that it is my responsibility to know my own physical constraints and limitations and that I do not participate in any activity in which I feel would be detrimental to my, or anyone else’s, health and safety. I further understand that it is my responsibility to know what my qualifications, skills, training and preparations are in order to participate in these activities. I do not expect any Sponsor to know any of the above in regard to me. I understand that if I require medical, fitness, or nutritional advice that I must contact my own physician or other health care professional, and that I should seek the advice of a doctor before starting any exercise routine. I understand that the Sponsor is not providing the materials to me for the purpose of giving me any medical advice. The Run for God Book may contain information relating to various medical conditions and their treatment, along with exercise and nutrition protocol. I understand that such information is provided for informational purposes only and is not meant to be a substitute for the advice of a physician or a health care professional, and I will not use this information for diagnosing or treating a health problem or injury. I understand that the Sponsors do not provide insurance coverage for me in regard to these activities. I understand that it is my responsibility to obtain my own accident and health insurance if so desired. For the sole consideration of the Sponsors allowing me to participate in this program, I hereby release and forever discharge the Sponsor, their members individually and their officers, agents and employees from any and all claims, demands, rights and causes of action of whatever kind that I may have either arising from or by reason of any personal injury or property damage resulting from or in any way connected with participation in the Run for Life program. I further covenant and agree that for the consideration stated above I will not sue the Sponsor, their members individually, its officers, agents, or employees for any claim for damages arising or growing out of my voluntary participation in this program.

Please Print Name

Please Sign Name

Date

---

---

---