



CITY OF MESA
RELEASE, HOLD HARMLESS AND INDEMNITY
AGREEMENT

NAME: _____ DATE OF BIRTH _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

EMERGENCY CONTACT: _____

PHONE: _____ CELL PHONE: _____

In consideration of my voluntary participation in the free *Balance Fitness Class* sponsored by the City of Mesa, on behalf of myself and all heirs, administrators, executors and assigns, I agree to the following:

- I hereby release and agree to indemnify and hold harmless the City of Mesa (COM), its employees, volunteers, officials, agents and elected and appointed officials, from and against any and all liability for any damage or injury which may occur or result, regardless of the cause, from my participation in the *Balance Fitness Class*. This release of liability and agreement given by me to the City of Mesa, its employees, volunteers, officials, agents and elected and appointed officials, shall apply to any claim, demand, suit or right of action that might accrue to myself, my heirs and my personal representatives, including claims of negligence.
- I agree to assume all risks associated with my participation in the *COM Balance Fitness Class* and I am fully aware that personal danger/injury may be involved in this activity.
- I understand and agree that my participation in the *Balance Fitness Class* is voluntary and is not a part of my job duties. My participation in the class is not pursuant to or in the course and scope of my employment for the City of Mesa.
- I agree to participate in the *COM Balance Fitness Class* with full knowledge of these conditions. I agree not to seek contribution or indemnification from the City of Mesa, its officers, volunteers, officials, employees, agents and elected officials, if I am sued by any party in connection with my participation in the *COM Balance Fitness Class*.
- I consent to the unrestricted use of my image and/or my name, in connection with the *Balance Fitness Class* by the City of Mesa or any person authorized by the City of Mesa, including, but not limited to, any photographs, audio or video recordings, interviews, videotapes, or motion pictures whether for television, radio or print media.
- I agree to waive any and all claims that I may have against the City of Mesa, its officers, volunteers, officials, employees, agents and elected officials for any physical injury, death or property damage I experience arising out of participating in the *Balance Fitness Class*, including claims based in negligence.
- It is my responsibility to stop my participation in the *COM Balance Fitness Class* if I have any indication that it might be unsafe or detrimental to my physical well-being
- I agree to notify the instructor of any problems encountered while participating in the *COM Balance Fitness Class*.
- I understand that by signing this Waiver I am giving up my right to sue the City of Mesa, its employees, volunteers, officials, agents and elected officials for any damages resulting from my participation in the *Balance Fitness Class*.
- I, the undersigned, have carefully read all of statements above and fully understand their contents, and I am aware that this is a release of certain rights, and I sign this waiver and release of my own free will.

Signature _____ Date _____