

**The University Club of Toronto (UCT)
Fitness, Lifestyle & Sports Centre**

Participant Informed Consent, Acknowledgement, Release & Waiver

This Participant (“Member”) Consent, Acknowledgement, Release & Waiver (“Acknowledgement”) grants to the Member the right to use the facilities, services and equipment of The University Club of Toronto (UCT), Fitness, Lifestyle & Sports Centre (“Centre”) in accordance with the terms and conditions of the Acknowledgement, the Rules and Regulations and the House Rules and as amended from time to time.

To the extent permitted by law and in consideration of his or her use of the services and facilities of the Centre, the Member hereby waives any and all claims, actions, demands, damages, losses, costs, or expenses (collectively, “Claims”) which the Member may now or hereinafter have or claim against The University Club of Toronto, it’s Board of Directors or UCT Personnel and Independent Contractors (collectively “Management”), for loss, theft, or damage to property in, upon, or about the premises of The University Club of Toronto and for injuries occurring in, upon or about the Centre connected with or rising out of any use of equipment or other activity at the facilities, included without limitation any activity relating to instruction, services or advice rendered by the Management or any Independent contractor working at the Centre whether caused by passive negligence of Management or otherwise.

The Member also acknowledges that part of the risk involved in undertaking any activity or program is relative to their own state of fitness, health and physical activity readiness. The Member understands and acknowledges the Management recommendation for completion of a Par-Q (Physical Readiness Questionnaire) prior to clearance to participate and still strongly recommends Members receive clearance from their physician prior to starting a new exercise program or if they are unaccustomed to exercise. Members who respond positively to this questionnaire should follow-up with a physician to complete a Par-Med X form as recommended by the Ontario Fitness Safety Standards, Health Canada and the Canadian Society for Exercise Physiology. Management reserves the right to require a physician’s consent as a condition for using the Centre.

In this Acknowledgement, “facilities”, equipment, or services” include without limitation, exercise equipment, classes, squash court, class studio or activities whether on or away from The University Club of Toronto premises, transportation, instruction, and advice provided by the staff of the Centre. Participant acknowledges that he/she has read this Acknowledgement, Rules and Regulations and posted rules.

Name: _____ Date: _____

Signature of Participant: _____