

**Senior Strides- Walking Group**  
**Informed Consent Form 2020-2021**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-Mail \_\_\_\_\_

In case of emergency, contact: Name \_\_\_\_\_

Telephone # \_\_\_\_\_

Please list any medical/health problems \_\_\_\_\_

---

This program is geared towards Senior Citizen's; to include wheelchair and walker users, to promote fitness as a lifestyle, to educate, to inform, and to encourage the participation of individuals in walking activities within their own individual capacities. The program will focus on walking. Distances and paces will increase slowly and gradually. Participants are encouraged to progress at their own pace.

-----

**Release Form Liability**

By signing below, I am accepting the assumed risk to participate in the Senior Strides Walking program sponsored by the Gilford Parks and Recreation Department. I understand that this program may take place both indoor and outdoor in a variety of conditions that include but are not limited to; exposure to extreme hot and/or cold, rain, snow and wind; and grounds both may be uneven, wet and/or slippery. I understand that walking is physical activity with inherent risks that may result in death, hypothermia, heat stroke and injuries including but not limited to; paralysis, muscle pulls and strains, broken bones, sprains, cuts, scrapes and bruising. I understand that participating in the above mentioned program and accept all risks inherent to said activity. I also understand that participating in the Senior Strides Walking program may subject me to exposure to the COVID-19 virus. I do hereby release the Gilford Parks and Recreation Department or GYC, their staff and any volunteers assisting with this program from any liability arising out of any injury, which I may suffer during the normal course of the above-mentioned program. I understand that my photo may be taken during the course of the program to be used for promotional purposes or to be displayed on the Parks and Recreation Department's website and/or facebook page.

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date