

LAKE CENTRAL SCHOOL CORPORATION

USE OF FACILITIES

WAIVER AND RELEASE OF LIABILITY

Please read this form carefully and be aware that signing this form and participating at any of Lake Central School Corporation's Athletic Facilities you will be expressly assuming the risk of injuries, damages, or loss which you might sustain as a result of such participation.

I acknowledge that I am voluntarily applying for myself to participate at Lake Central School Corporation's Athletic Facilities.

I recognize and acknowledge that there are certain risks of physical injury to participants, including potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce this risk, the risk of serious injury does exist.

I am solely responsible for determining if I am physically fit and/or adequately skilled to participate in these activities. I recognize that it is always advisable, especially if the participant is pregnant, disabled in any way or has recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity, including walking.

I agree to follow all rules for participation in these physical activities and for use of the facilities. If, however, I observe any unusual or significant hazard, I will remove myself from participation and bring such to the attention of the staff member on duty.

I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, BOTH KNOWN AND UNKNOWN, EVEN IF ARISING FROM THE SOLE NEGLIGENCE OF THE LAKE CENTRAL SCHOOL CORPORATION, LAKE CENTRAL MULTI-DISTRICT SCHOOL BUILDING CORPORATION, AND THEIR RESPECTIVE OFFICERS, AGENTS AND/OR EMPLOYEES ("RELEASEES") OR OTHERS AND ASSUME FULL RESPONSIBILITY FOR MY PARTICIPATION AND WAIVE ALL CLAIMS AGAINST THE RELEASEES.

I, for myself and on behalf of my minor child(ren)/ward, and my/their heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS RELEASEES from and against any and all claims of injury, disability, death, damage or loss resulting from this participation, whether arising from the sole negligence of the Releasees or otherwise, to the fullest extent permitted by law.

I have read and fully understand the above. I understand that I have given up substantial rights by signing below, and sign it freely and voluntarily without any inducement as to myself.

PARENT/GUARDIAN/ADULT

Signature

Printed Name

Date

Address

City

Emergency Contact Number: (_____) _____

WALKING TRACK POLICIES & RULES

**Tuesdays and Thursdays
6:00 p.m. – 8:00 p.m.**

Visitors should park in the front of the school near the pool and enter through Door C, turn right and sign in prior to entering the field house. Walkers will be required to sign a waiver and release of liability form upon entering the facility for the first time.

- The track is 145.45 meters, 11 laps equal one mile
- Path of travel for all walkers, runners in counter clockwise
- Children of walking age allowed (with parent or designated guardian 18+ years old)
- Strollers, wheelchairs, walking sticks and other support devices are permitted
- No pets are permitted (service animals are an exception)
- Please keep all valuables at home, lockers are not available
- Please use designated restrooms
- Inside lane designated for walkers; outside lane designated for runners
- Always pass on the outside lane
- Please continue to keep moving while on the track. Should you need to stop, take a break or talk, please move to an area off the track
- Drinks (other than spill-proof bottled water) and food, gum, etc.. are strictly prohibited
- Ski poles, roller blades, roller skates or other sharp objects are not permitted on the track at any time
- No equipment permitted, including but not limited to sticks, balls, pucks, mats, weights, skipping ropes, etc. which might interfere with the safety of any walker or runner while on the track
- The track is for the public's use for walk/jog/run activities only. Commercial/Enterprise use (i.e. personal trainers, fitness instructors, physical therapists, etc.) are prohibited from using the track for private programming and/or their delivery of service with clients