



Use of the Heart Lab Exercise Room

RELEASE FROM LIABILITY

I, _____, an employee of the Millbrook Central School District, do hereby covenant and agree to release, indemnify, and hold harmless the Millbrook Central School District from and against any and all liability, loss, damages, claims, or actions (including costs and attorney's fees) for bodily injury and/or property damage, to the extent permissible by law, arising out of my voluntary use of the Heart Lab. I also acknowledge that my use of the Heart Lab is strictly voluntary and not part of my work requirements.

I understand and acknowledge that my participation is voluntary, involves rigorous physical activity and risks of physical injury. I certify that I am in good physical condition, and I have no medical or physical conditions that would restrict my use of the Heart Lab. I assume all risks as a result of my use of the Heart Lab and waive any and all claims, actions, causes of action, suits, damages, and judgments whatsoever and from whomsoever against the Millbrook Central School District, its officers, employees, and agents and release the Millbrook Central School District, its officers, employees, and agents, from any liability, loss, damages, claims or actions as a result of my voluntary use of the Heart Lab. This provision shall be construed in the most liberal manner possible.

I hereby consent to emergency transportation and treatment in the event of illness or injury. I hereby accept responsibility for the payment of any emergency transportation or treatment.

Participant (Please Print)

Date

Participant's Signature

Please return this form to the Business Office. Use of the Heart Lab is not permitted until this form is received by the Business Office.