

**Town of Sterling, Connecticut**  
**Sterling Recreation Authority Application**  
1183 Plainfield Pike P. O. Box 157  
Oneco, Ct. 06373  
860-564-2136

Program(s) **Yoga**

**Name of Participant:** \_\_\_\_\_

**Parents/Guardian Name:** \_\_\_\_\_

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

D.O.B. \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-Mail \_\_\_\_\_

Please list any medical issues you currently have and/or are being treated for:

\_\_\_\_\_

Please list any medications you currently take and the dosage

\_\_\_\_\_

Dr.'s Name and Preferred Hospital:

\_\_\_\_\_

**Person to Contact in Case of an Emergency:**

Name: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

**The Sterling Recreation Authority reserves the right to cancel any class due to lack of participation.**

**You must read and sign the attached Waiver, Hold Harmless and Release of Liability Agreement in order to participate in any program offered or held at the Town of Sterling Recreation Authority facilities.**

**For Insurance Purpose:**

In consideration for the privilege of participating in Yoga, the Sterling Recreation Authority Program, I, the undersigned hereby agree that:

1. I understand that there are inherent risks involved in Yoga, including the risk of serious physical injury or death and **I FULLY ASSUME ALL RISKS ASSOCIATED WITH Yoga, EVEN IF DUE TO THE NEGLIGENCE OF STERLING RECREATION AND THEIR AGENTS, SERVANTS OR EMPLOYEES,** including but not limited to collisions while transporting, contact from patrons and spectators; equipment failure; lack of safety devices or inadequate safety devices; lack of warning or inadequate warnings; lack of instruction or inadequate instruction; and the like.

I, for myself and for my heirs, assigns, successor, executors, administrators, and legal representatives, **AGREE TO DEFEND, INDEMNIFY AND HOLD HARMLESS THE TOWN OF STERLING AND THEIR AGENTS, SERVANTS OR EMPLOYEES** from any and all claims, suits or demands by anyone arising from my use of the **TOWN OF STERLING** facilities and equipment including **CLAIMS OF NEGLIGENCE ON THE PART OF THE TOWN OF STERLING AND THEIR AGENT, SERVANTS OR EMPLOYEES.**

2. I, for myself and for my heirs, assigns, successors, executors, administrators and legal representatives, **HEREBY RELEASE, AND AGREE THAT I WILL NOT SUE THE TOWN OF STERLING AND THEIR AGENT, SERVANTS, OR EMPLOYEES** for money, damages for personal injury sustained by me while using the **TOWN OF STERLING** facilities and equipment, **EVEN IF DUE TO THE NEGLIGENCE OF THE TOWN OF STERLING AND THEIR AGENTS, SERVANTS OR EMPLOYEES.**

**I HAVE READ THIS WAIVER, HOLD HARMLESS AGREEMENT AND RELEASE OF LIABILITY AND FULLY UNDERSTAND ITS TERMS. I FURTHER UNDERSTAND THAT BY SIGNING THIS AGREEMENT THAT I AM GIVING UP SUBSTANTIAL LEGAL RIGHTS. I HAVE NOT BEEN INDUCED TO SIGN THIS AGREEMENT BY ANY PROMISE OR REPRESENTATION, AND I SIGN IT VOLUNTARILY AND OF MY OWN FREE WILL.**

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Participant Printed Name

\_\_\_\_\_  
Date

**Consent of Parent or Guardian**

This is to certify that I, as parent or guardian with legal responsibility for this participant, do hereby consent and agree to his or her release as set forth above and for myself, my heirs, assigns, successors, executors, and administrators, and legal representatives, **AGREE TO DEFEND, INDEMNIFY AND HOLD HARMLESS THE TOWN OF STERLING AND THEIR AGENT, SERVANTS OR EMPLOYEES** from any and all claims, suits or demands by anyone arising from said participant's use of the **TOWN OF STERLING** facilities and equipment **INCLUDING CLAIMS OF NEGLIGENCE ON THE PART OF THE TOWN OF STERLING AND THEIR AGENTS, SERVANTS OR EMPLOYEES.**

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Participant Printed Name

\_\_\_\_\_  
Date