

Terms & Conditions for use of the Gym facility at the Red Cow Moran Hotel

In consideration of being allowed to participate in exercise activities at *Red Cow Moran Hotel*, to use its' facilities, equipment, and machinery, you hereby waive, release, and forever discharge *Red Cow Moran Hotel* and its owners, agents, employees, representatives, executors, and all others from any and all responsibilities or liability from injuries or damages resulting from your participation in any activities, or your use of equipment or machinery in the above-mentioned activities. You do also hereby release all of those mentioned, and any others acting upon their behalf, from any responsibility or liability for any injury or damage to yourself, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf, or in any way arising out of or connected with your participation in any activities or the use of any equipment at *Red Cow Moran Hotel*.

You understand and are aware that strength, flexibility, and aerobic exercise, including the use of equipment, is a potentially hazardous activity. You also understand that fitness activities involve a risk of injury and even death, and that you are voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. You hereby agree to expressly assume and accept any and all risks of injury or death.

You do hereby further declare yourself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent your participation or use of equipment or machinery except as hereinafter stated. You do hereby acknowledge that you have been informed of the need for a physician's approval for your participation in an exercise/fitness activity or in the use of exercise equipment and machinery. You also acknowledge that it has been recommended that you have a yearly or more frequent physical examination and consultation with your physician as to physical activity, exercise, and use of exercise and training equipment so that you might have his/her recommendations concerning these fitness activities and equipment use. You acknowledge that you have either had a physical examination and been given my physician's permission to participate, or that you have decided to participate in activity and use of equipment and machinery without the approval of your physician and do hereby assume all responsibility for your participation and activities, and utilization of equipment and machinery in your activities.