

## Program Waiver, Release of Liability and Informed Consent

### Participant:

I authorize The Steadward Centre for Personal & Physical Achievement, an academic centre that is part of The Governors of the University of Alberta, to administer and conduct tests and/or provide physical activity programs to increase my physical work capacity. I understand that my level of physical fitness will be assessed and that, based on the results, an individualized physical activity program may be prescribed. I further understand that I will be requested to perform exercises to evaluate and/or improve one or more of the following: a) Muscular Fitness; b) Cardiovascular Fitness; c) Composition; d) Flexibility.

I understand that there are potential risks of injury to myself involved with any exercise and performance testing or physical activity program, such as episodes of transient light headedness, loss of consciousness, abnormal blood pressure, chest discomfort, leg cramps, and nausea. I acknowledge these risks have been explained to me, I have had full opportunity for discussion of them, and I freely accept and assume those risks. I recognize and agree that it is my obligation to discontinue any exercise and immediately inform the appraiser if I experience any pain, discomfort, fatigue, or any other similar and/or related symptoms. I understand that there are also cyber risks, including but not limited to data breach, malware and virus attacks, and access to private networks, associated with participating in any online program. In consideration of my participation in Steadward Centre activities, I acknowledge that I am aware of, and freely accept all risks, dangers and hazards associated with being a participant in this Steadward Centre activity, including the possible risk of severe or fatal injury to myself or others. These risks include, but are not limited to: Potential exposure to infectious and communicable disease, including but not limited to COVID-19.

In consideration of participating in a physical activity program and/or fitness appraisal, I do hereby for myself, successors and assigns, release, forever discharge and waive The Governors of the University of Alberta (the "University"), The Steadward Centre for Personal & Physical Achievement (the "Centre"), and their directors, employees, agents, volunteers, members and representatives from any and all liability, action, causes of action, claims and demands for upon or by reason of any damage, loss or injury to person and property which I hereafter may sustain/incure as a result of my assessment or participation in a physical activity program at the Centre.

I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTOOD THIS AGREEMENT before signing it, that I have executed this Agreement voluntarily, and that this Agreement is to be binding upon myself, my heirs, executors, administrators and representatives. Further, I acknowledge and agree:

1) I will follow all guidelines for infection prevention and control as instructed, including social distancing, hand hygiene, and wearing personal protective equipment (eg. gloves, masks) to protect myself against COVID-19 and other communicable diseases.

2) I will follow health authority self-isolation guidelines and stay home if I feel ill

Parent/Trustee

I am the parent or legally-appointed trustee of the Participant. I have read this Agreement, and I am signing it voluntarily in my role as parent/trustee. I understand the legal consequences of signing this document, including: (a) releasing the University and Centre from all liability on my and the Participant's behalf, (b) waiving my and the Participants' right to sue the University/Centre, (c) and assuming all risks of Participant's participation in this activity. I allow the Participant to participate in this activity. I agree to indemnify and save harmless the University/Centre from all claims, costs and liability which may arise as a result of participant's participation to the aforementioned program. I agree to indemnify and hold harmless the University/Centre from all claims, costs and liability which may arise as a result of participant's participation of the aforementioned program. I agree to be bound by the terms of this Agreement.

To register in any Steadward Centre program, you MUST accept the terms of this agreement by selecting "Yes" (verbal {or other indicator} "yes" when registering over the phone or in person, and clicking "yes" when registering online)