Exercise Class
Participant Release Form

[Please print]

Class/Class Series/Activity: __Tae Kwon Do: Mommy & Me_____

For ages: __2 & 3 with adult__
HCLS Branch: __Miller____ Date(s): __Monday, September 8, 2014 @ 10:30 am__

I, _________________________________________________________________ give permission to my child,

First MI Last ___________________________________________ to participate in

First MI Last ___________________________________________

the above noted class, series of classes, or activity taking place at Howard County Library System (HCLS).

I understand:

- That any form of exercise involves potential risks and dangers that can result in injuries, and even death, especially for those with certain conditions, including but not limited to: asthma, diabetes, and high blood pressure.
- The importance of consulting with my child’s doctor or other health practitioner before starting any new exercise program.

I further understand that:

- My child must wear shoes at all times.
- HCLS staff will call 911 in the event of an emergency.
- A parent, guardian, or caregiver must attend this class with any child younger than eight (8) years old.

Release from Liability. I, my successors and assigns, agree to save and hold harmless HCLS and Howard County, MD, their officers, employees, and agents, from all cost, injury and damage incurred as a result of my child’s participation in this class, and from any other injury or damage to any person or property whatsoever, resulting from my child’s participation in this class.

I certify that I am at least eighteen (18) years of age and have the legal capacity to execute this Participant Release Form on behalf of my child.

Parent/Guardian signature: ___________________________________________ Date:

____________________

Age of child: ____________

Tel.: (h) __________________ (c) _____________________________Email: ____________________________