



Howard  
COUNTY Library  
SYSTEM

inform + instruct + interact = educate

# 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 Branch Date(s): Monday, August 31 @ 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: \_\_\_\_\_