

Physical Activity on a regular basis is fun and healthy, and increasingly people are encouraged to become active every day. Being physically active is very safe for most people (both adults and children) however, we feel that even though all safety factors are in place, an occasional accident may occur or illness may limit how active you should be when participating in any activity program.

Therefore, please sign below that you have read and understand the above statement.

I _____ take full responsibility for myself in my registered Tai Chi program and I understand that if I participate while having prolonged symptoms or after a lengthy illness, or am hurt as a result of participating in my registered class, I will not hold the Lethbridge Community Schools Association liable for any consequences that my participating will result in.

Name _____ (please print)

Date _____

Signature _____

Lethbridge Community Schools Association

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