



South Dundas Recreation Fitness Programs 2022

In-Person Online Drop In

Name of Participant:

Gender: Male Female Other **Age:** **Date of Birth**

Parent/Guardian:

Address:

Postal Code:

Email:

Phone (H):

Phone (C):

Emergency Contact:

Relationship to Participant:

Phone (H):

Phone (C):

Participant Medical Information (Please list and explain any health conditions or allergies which staff should be aware of):

Please Note: We will require proof of two-dose vaccination for COVID-19 for any in person fitness classes as per Eastern Ontario Health Unit Standards (EOHU). Please attach copy of vaccination receipts to registration form.

As of September 22, 2021, Ontarians will need to be fully vaccinated (two doses plus 14 days) and provide their proof of vaccination along with photo ID to access certain public settings and facilities. This approach focuses on higher-risk indoor public settings where face coverings cannot always be worn and includes:

- Facilities used for sports and fitness activities and personal fitness training, such as gyms, fitness, and recreational facilities except for youth recreational sport.

Mask wearing in hallways and public spaces and social distancing is required at all facilities. Please do not attend if you are sick, have flu like symptoms or have been in contact with someone has a confirmed case of COVID-19 in the last 14 days.

Payment Information/Options: Cheque Interac Cash

Proof of Full Vaccination confirmed (Staff Only)

Fitness Programs Available

(Prices include HST) **No Class on Monday, Feb 21st.**

H.I.I.T				
	Matilda Hall	Mon (Jan 03 – Mar 28)	7:00 pm-8:00 pm	\$85.50
	Iroquois Civic Centre	Wed (Jan 05- Mar 30)	7:00 pm-8:00 pm	\$92.60
	Matilda Hall	Thurs (Jan 06 – Mar 31)	7:00 pm-8:00 pm	\$92.60
	Municipal Centre	Saturday (Jan 08 – Apr 02)	9:00 am-10:00 am	\$92.60
Kickboxing				
	Municipal Centre	Mon (Jan 03 – Mar 28)	6:00 pm-7:00 pm	\$85.50
	Municipal Centre	Wed (Jan 05- Mar 30)	6:00 pm-7:00 pm	\$92.60
Boot Camp				
	Municipal Centre	Mon (Jan 03 – Mar 28)	7:00 pm-8:00 pm	\$85.50
	Municipal Centre	Wed (Jan 05- Mar 30)	7:00 pm-8:00 pm	\$92.60
	Municipal Centre	Thurs (Jan 06 – Mar 31)	6:00 pm-7:00 pm	\$92.60
Chair Yoga (Online Option)				
	Municipal Centre	Tues (Jan 11 – Mar 29)	9:00 – 10:30 am	\$67.45
	Municipal Centre	Thurs (Jan 13- Mar 31)	9:00 – 10:30 am	\$67.45
Hatha Yoga (Online Option)				
	Municipal Centre	Tues (Jan 11 – Mar 29)	10:30 -11:45 am	\$116.20
	Municipal Centre	Tues (Jan 11 – Mar 29)	6:30 – 7:45 pm	\$116.20
	Municipal Centre	Thurs (Jan 13- Mar 31)	10:30 -11:45 am	\$116.20
Senior Fitness (Volunteer ran program)				
	Iroquois Civic Centre	Tues (Jan 04 – May 17)	12:00 – 1:00 pm	FREE
	Iroquois Civic Centre	Tues (Jan 04 – May 17)	2:00 – 3:00 pm	FREE
	Iroquois Civic Centre	Thurs (Jan 06 – May 19)	12:00 – 1:00 pm	FREE
	Iroquois Civic Centre	Thurs (Jan 06 – May 19)	2:00 – 3:00 pm	FREE

WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in Municipal Programming and related events of the Municipality of South Dundas, the undersigned acknowledges, appreciates, and agrees that:

- 1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce the risk, the risk of serious injury does exist; and,
- 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or other, and assume full responsibility for me participation; and,
- 3. I willingly agree to comply with the states customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official, instructor, or staff immediately; and,
- 4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HERE BY RELEASE AND HOLD HARMLESS THE MUNICIPALITY OF SOUTH DUNDAS, their officials, instructors, staff, employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releases"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER CAUSED BY NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERTSAND ITS TERMS, UNDERTSAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING ITS, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

PARTICIPANTS SIGNATURE

Date Signed

WITNESS

*FOR PARTICIPANTS OF MINORITY AGE
(UNDER AGE 18 AT TIME OF REGISTRATION)*

PARENT/ GUARDIAN SIGNATURE

EMERGENCY PHONE NUMBER

Date Signed:

WITNESS



MUNICIPALITY OF SOUTH DUNDAS

34 Ottawa Street, P.O. Box 740
Morrisburg ON K0C 1X0
613.543.2673 | southdundas.com

PARTICIPATION CONSENT FORM AND RELEASE OF LIABILITY

I hereby grant permission to the Municipality of South Dundas and its representatives to photograph, video record, and otherwise capture my image, and to make recordings of my voice digitally or otherwise.

I further grant to the Municipality of South Dundas and its representatives the right to reproduce, use, exhibit, display, broadcast and distribute these images and recordings in any media now known or later developed for promoting, publicizing or explaining the Municipality of South Dundas and its activities and for administrative, educational or research purposes. Photographs, video images and voice recordings are the property of the Municipality of South Dundas.

I knowingly and freely assume all risks, both known and unknown, even if arising from the negligence of the releasees or others and assume full responsibility for my participation.

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless the Municipality of South Dundas, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event, with respect to any and all injury, disability, death, or loss or damage to person or property, whether caused by the negligence of the releasees or otherwise.

I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

First and Last Name (Print)

Date Signed

Signature (if 18 years of age or older)

For Participants of Minority Age

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above.

First and Last Name of Parent/Guardian (if subject under the age of 18)

Date

Signature of Parent/Guardian

I hereby grant permission to the Municipality of South Dundas to use my name with these images and recordings.

Date

Signature
(Parent/Guardian if subject under the age of 18)

Notice of Collection: Personal information, as defined by the Municipal Freedom of Information and Protection of Privacy Act (MFIPPA), including (but not limited to), name, address, opinions and comments, is collected under the authority of the Municipal Act, 2001, and in accordance with MFIPPA, the Planning Act, and all other relevant legislation.

Your personal information may be used in making future decisions on our programs and services. Questions regarding the collection, use, and disclosure of this personal information may be directed to the Director of Corporate Services/Clerk at 613-543-2673.