

# Lake Swannanoa Yoga & Zumba on the Beach

## Participation Waiver

I fully understand that my participation in a Lake Swannanoa Homeowners Association (LSHA) Yoga and Zumba on the Beach class is at my own risk. My signature below constitutes a release and waiver of responsibility and acknowledgement that participation in LSHA Yoga and Zumba on the Beach may result in accident or injury and an assumption of all risks. I understand that participation may result in possible exposure to and illness from an infectious disease, including but not limited to Covid-19, which carries the risk of serious illness or death. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of LSHA Yoga and Zumba on the Beach or others and assume full responsibility for my participation. LSHA Yoga and Zumba on the Beach organizers and instructors as well as the Lake Swannanoa Homeowners Association shall not be liable for any claim, loss, cause of action of any kind relating to LSHA Yoga and Zumba on the Beach participation and will be held harmless from the same. I willingly participate in this and all future sessions and agree to take full responsibility for my own health and safety as well as the safety of my personal belongings. I understand it is my responsibility to monitor my personal belongings as well as my own activity level and work at my own pace. I am aware that Yoga or Zumba can involve physical exertion and emotional release. My body, mind, spirit and personal belongings are under my personal care. I release the LSHA Yoga and Zumba on the Beach instructor(s) and/or committee members and/or Lake Swannanoa Homeowners Association and its board from any liability or injury that could occur during this and all future LSHA Yoga and Zumba on the Beach events held at Lake Swannanoa Homeowners Association property.

PLEASE PRINT

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

DATE:

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ SIGNATURE: \_\_\_\_\_

If a class is going to be canceled due to weather, a notification about the cancellation will be posted at the Lake Swannanoa Yoga on the Beach Facebook page. Be sure to follow the page for updates.

EMERGENCY CONTACT:

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

RELATIONSHIP: \_\_\_\_\_