



CONSENT and HOLD HARMLESS AGREEMENT

Consent and Waiver of Liability

Being aware of my own general health and physical condition and recognizing that my participation in the Fitness Program, including testing and screening procedures, may be injurious to my health and in return for my voluntary participation in the P & R Fitness, testing and screening program, I hereby agree to and covenant to, and shall at all times shall indemnify, protect and Hold Harmless the Town of Ridgefield from and against all costs or expenses resulting from any and all losses, damages, detriments, claims, demands, cost and charges including attorneys fees the Town of Ridgefield may directly or indirectly suffer, sustain or be subjected to by reason or on account my participation in the fitness program, including all fitness testing and screening procedures, or any activities in connection with said Fitness program whether such losses and damages be suffered or sustained by the Town of Ridgefield directly or by its employees, licenses or invitees or be suffered or sustained by other persons or corporations who may seek to hold the Town pf Rodgefield liable therefore.

Signature

Date

Printed name