

**JEFFERSON COUNTY WALKING TRACK
RELEASE OF LIABILITY FORM**

I, _____, hereby acknowledge that I have
Print Name
 voluntarily chosen to use the walking track, located in the 2121 Building, offered through my employer, Jefferson County.

I AM AWARE THAT VIGOROUS PHYSICAL EXERCISE STRAINS THE CARDIOVASCULAR SYSTEM AND ALL OTHER PARTS OF MY BODY AND CAN BE A HAZARDOUS ACTIVITY, AND I AM VOLUNTARILY PARTICIPATING IN THESE ACTIVITIES WITH KNOWLEDGE OF THE DANGER INVOLVED AND HEREBY AGREE TO ACCEPT ANY AND ALL RISKS OF INJURY AND DEATH. I UNDERSTAND THAT I AM RESPONSIBLE FOR MY HEALTH AND SAFETY AND THAT I PARTICIPATE ACCORDING TO ANY LIMITS DETERMINED BY MY PERSONAL PHYSICIAN AS WELL AS MY KNOWLEDGE OF MY OWN HEALTH CONDITION(S).

Initial _____.

As lawful consideration for being permitted by Jefferson County to use the walking track, I hereby agree that I, my heirs, distributees, guardians, legal representatives and assigns will not make a claim against, sue, attach the property of, or prosecute Jefferson County, and its officers, agents, and employees, for injury or damage resulting from the negligence or other acts, however caused, by any employee, agent, or contractor of Jefferson County as a result of my use of the walking track. In addition, I hereby release and discharge Jefferson County their officers, agents, representatives, and employees from all actions, claims or demands I, my heirs, distributees, guardians, legal representative, or assigns now have or may hereafter have for injury or damage resulting from my participation in any exercise or other activity performed at the walking track.

I understand that any injury sustained while using the walking track is to be covered under my health insurance policy and is NOT covered under Workers' Compensation. I further acknowledge that at all times I am participating in any exercise or other activity at the walking track, I am doing so on my own time, at my own accord, and I am in **NO WAY** participating in an activity that is within the course and scope of the job I was hired to perform.

Initial _____.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN ME AND JEFFERSON COUNTY.

I SIGN THIS AGREEMENT AT MY OWN FREE WILL.

Dated: _____ Participant _____ Department _____

Dated: _____ Witness _____