



Triedstone Full Gospel Baptist Church
1415 West 104th Street, Chicago, IL 60643 (773) 881 7710



Fitness Ministry Permission Slip

INFORMED CONSENT

I have received information about the Fitness Ministry with regards to an overview of its physical activity, cardiovascular and low impact aerobics, dietary, healthy living teaching sessions, walks/runs, and possible trips/outings related to such.

INDEMNITY & RELEASE OF LIABILITY:

I consent to participating in this ministry and acknowledge the recommendation to consult with my personal physician for a medical clearance to do so. I understand all reasonable safety precautions will be taken at all times by Triedstone Church and its representatives during the activities/events. However I understand the possibility of unforeseen hazards/ physical injury and know the inherent possibility of risk.

I hereby indemnify, defend, and hold harmless Triedstone FGB Church and its employees, leaders, volunteers, and representatives from any and all liability for damages, losses, disease, injuries which may rise out or as a result from such participation. This includes activities on or off the church premises. I also authorize them to obtain any emergency medical attention that may be required. I also release the church and its representatives from any liability in the event of an accident in route, during, or returning from an activity.

I have read and understand this agreement and have willingly placed my signature as evidence of my acceptance of all the conditions contained herein.

Participant's Name Print: _____

Participant's Signature/Date: _____