



Exercising at Home

Get set up safely:

- Ensure that the exercise space in your home is a safe environment for movement, for example your floor surface should be free of tripping hazards such as cords and scatter rugs
- Wear proper athletic footwear and comfortable clothing that allows you to move around freely
- Have drinking water available
- You may want to bring your phone nearby

Waiver

I voluntarily participate in the OSCC55+ Online Group Fitness class and recognize the risks of injury common to any fitness program. In participating in this program, I understand, accept, and assume all such risks to which I may be exposed, and assume all responsibility for any personal injury, death, property damage or loss resulting therefrom.

I agree to release and save harmless the Oshawa Senior Citizens Centres, the City of Oshawa and its employees and other agents from any and all claims or other proceedings, regardless of who makes them, in respect of any damage or injury arising by reason of participation in the program by myself or the person(s) who are shown as the "participant"
