



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

TEEN PICK-UP BASKETBALL GAMES

Registration Information

First Name: _____ Last Name: _____
Address: _____
Home Phone: _____ Cell Phone: _____
Birthdate: _____ / _____ / _____ Email Address: _____
Emergency Contact: _____ Phone: _____

YMCA of Gloucester County

Informed Consent, Release & Waiver of Liability Agreement

I desire to engage voluntarily in the YMCA exercise program in order to attempt to improve my physical fitness. I understand that the activities are designed to place a gradually increasing work load on the cardiorespiratory system and to thereby attempt to improve its function. The reaction of the cardiorespiratory system to such activities can't be predicted with complete accuracy. There is a risk of certain changes that might occur during the exercise. These changes might include abnormalities of blood pressure or heart rate.

I understand that the purpose of the exercise program is to develop and maintain cardiorespiratory fitness, body composition, flexibility, and muscular strength and endurance. All exercise programs include warm up, exercise at target heart rate, and cool down. The programs may involve walking, jogging, swimming, participation in exercise fitness, rhythmic aerobic exercise, or choreographed fitness class, or calisthenics, or strength training. All programs are in order to improve overall fitness. The rate of progression is regulated by exercise target heart rate and perceived effort to exercise.

I understand that I am responsible for monitoring my own condition throughout the exercise program and should any unusual symptoms occur, I will cease my participation and inform the instructor of the symptoms.

In signing this consent form, I affirm that I have read this form in its entirety and that I understand the nature of this exercise program. I also affirm that my questions regarding the exercise program have been answered to my satisfaction. By signing below, I clarify my clear intention to be bound by this release and waiver.

In the event that a medical clearance must be obtained prior to my participation in the exercise program, I agree to consult my physician and obtain written permission from my physician prior to the commencement of any exercise program.

Also, in consideration for being allowed to participate in the YMCA exercise program, I agree to assume the risk of such exercise, and further agree to indemnify and hold harmless, the YMCA and its staff members conducting the exercise program from any and all claims, suits, losses, or related causes of action for damages, at law or equity, which I, my personal representative, heirs, executors, administrators, successors or assigns may institute for or on account of any injury to myself or my property, including but not limited to, such claims that may result from my injury or death, accidental or otherwise, during, or arising in any way from the exercise program. I waive any claims for negligence, product liability, or breach of warranty against the YMCA and its staff. The release and waiver shall cover all aspects of the program and all areas of the facility. I agree for myself, my heirs, executors, administrators, successors, or assigns or legal representatives to pay all costs of such actions, including legal fees, incurred by the YMCA and its staff.

I have read and understand the YMCA of Gloucester County's, Informed Consent, Release & Waiver of Liability Agreement.

Printed Name: _____

Signature of Parent/Guardian (if under 18): _____ Date: _____

Signature: _____ Date: _____

*****Please bring this form with you to Teen Pick-Up Basketball Games*****



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ADULT BASKETBALL PICK UP GAMES CODE OF CONDUCT

- GAMES CAN BE PLAYED TO 12 OR 15.
- IF 20 OR MORE PARTICIPANTS PLAYING, GAMES MUST RUN USING THE SIDE BASKETS.
- ANYONE WAITING TO PLAY MUST BE ALLOWED IN THE ROTATIONS (RESPECT THE PLAYERS WHO HAVE NEXT).
- BASIC RULES APPLY IN PICK UP GAMES.
- IF THERE IS ENOUGH TO PLAY FULL COURT THOSE WHO WISH TO JUST SHOOT AROUND MUST DO SO ON THE SIDE BASKETS.
- THERE IS NO HANGING ON THE BASKETS AT ANY TIME!!!
- IF THERE ARE WAITING PLAYERS, THE GAMES MUST GO STRAIGHT—NOT WIN BY TWO.

I HAVE READ AND UNDERSTAND THE CODE OF ETHIC. FAILURE TO FOLLOW THE ABOVE CODE MAY LEAD TO DISMISSAL.

PRINTED NAME: _____

SIGNATURE: _____ **DATE:** _____