

CITY OF MARLBOROUGH



***PARTICIPANT ATHLETIC OR RECREATION ACTIVITIES OR  
PROGRAMS CONSENT & RELEASE FORM***

I, the undersigned, \_\_\_\_\_,

**(Please Print Name)**

do hereby consent to participation in voluntary athletic activities and/or recreation programs of the City of Marlborough's Recreation Department. I acknowledge that it is my choice to participate in these activities or programs including those offered by contracted instructors. I understand that it is my responsibility to monitor my own activity level and participation, and that I may stop, modify or delay my participation in any activity or program. I am also aware that before beginning an athletic activities or recreational program it is my responsibility to ask my physician whether such activity or program is suitable for me.

I understand the inherent risks of participating in these athletic activities and recreation programs, and on behalf of myself as well as my heirs, administrators, executors, and assigns, I agree to forever release the City of Marlborough, and all their employees, officials, agents, board members, volunteers and any and all individuals and organizations assisting or participating in any recreation activities and exercise programs of the City of Marlborough ("the Releasees") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries and/or property damage sustained by myself as a result of my participation in the athletic activities and recreation programs of the City of Marlborough.

I shall indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries and/or property damage sustained by myself as a result of my participation in the athletic activities and recreation programs of the City of Marlborough.

I further affirm that I have read this **Consent & Release Form** and that I understand its contents. I understand that my participation in these activities and programs **is voluntary** and that I am free to choose not to participate in said activities or programs. By signing this **Consent and Release Form**, I affirm that I have decided to participate in the City of Marlborough's athletic activities and recreation programs voluntarily with full knowledge that the Releasees will not be liable to anyone for personal injuries and/or property damage that I may sustain as a result of my participation in the athletic activities and recreation programs of the City of Marlborough.

Participant's Signature:

\_\_\_\_\_

Date: \_\_\_\_\_