

Holden Towers Tennis Club, Inc. Informed Consent Agreement

Description of Activities:

I understand that my tennis program may include participation in tennis matches, tennis training clinics, tennis tournaments and social gatherings of Holden Towers Tennis Club, Inc. ("HTTC") members and their guests.

Description of Potential Risks:

I am aware that no exercise program is without inherent risks and that regardless of the care taken by HTTC, neither it nor its employees can guarantee my personal safety.

I am aware that in playing tennis, a variety of injuries may occur ranging from those that are minor in nature (pulled muscle, sore muscle, joint injury, etc.) to more serious incidents (heart attack, stroke, etc.) to those that may be classified as catastrophic (death, paralysis, etc.). I further understand that injuries may result from the activities of other members or guests in and around the courts (collisions, stray tennis balls, etc.)

I realize that when participating in any exercise or tennis activities, there is always the possibility that minor injuries, more serious injuries or catastrophic incidents may occur as the result of my conduct or of those around me.

Member responsibility:

I understand that as a condition of my membership with HTTC, HTTC relies on my acknowledgement of my responsibility to do the following during the course of membership:

- Before undertaking any physical activity, I will undergo a physical examination with a qualified physician for the purpose of determining whether or not he or she believes I am in a state of health that permits me to participate in all of the activities available at HTTC. I agree that if at any time it is determined that I am not physically or mentally able to participate in physical activities at HTTC I will not engage in those activities. I understand that I am fully responsible for my own health and I do not expect HTTC or its employees, members or volunteers to be responsible for determining whether or not I am physically or mentally able to participate in any activities, including social activities, at the facility.
- I agree to cease all tennis activities and immediately seek professional medical assistance if I experience any unusual feeling (chest discomfort, nausea, difficulty breathing, apparent injury, etc.) during my tennis activity. If I am unable to participate in activities at HTTC for health reasons, I agree to obtain written medical clearance prior to reengaging in those activities at HTTC.
- I agree that on each visit to HTTC, prior to engaging in any activity, I will inspect the facilities, including the tennis court, which I will be using. If I observe any condition that

causes me to have a safety concern, I will immediately bring the condition to the attention of an HTTC employee and I will not use those facilities until they are in a condition that I consider safe and satisfactory to me.

- I will adhere to all rules and regulations currently in place or issued by HTTC from time to time in the future.

Member Acknowledges:

By agreeing to participate in HTTC activities, I hereby acknowledge the following:

- My participation is completely voluntary
- There are potential risks involved in any exercise/tennis program and I believe that the benefits outweigh those risks.
- If I engage in a training clinic, physical touching may be required and my participation constitutes my consent to that activity as reasonably necessary.
- I have had the opportunity to ask questions regarding any and all concerns I may have and those questions were answered to my satisfaction.
- I have been advised to immediately cease physical activity if I experience unusual discomfort or feel the need to stop and I assume responsibility for preserving and ensuring my own health.

Acknowledgement:

I have read and understand this agreement. I have been made fully aware of and appreciate the potential risks involved in participating in HTTC activities. By signing below, I hereby consent to those risks and I am freely and voluntarily participating in this program. I knowingly and willingly enter into this sealed agreement with Holden Towers Tennis Club, Inc. on this ___ day of _____, 2020

Witness:

Member:

X _____
Date

Print Name

Witness:

Joint family Member:

X _____
Date

Print Name