



**WAIVER, RELEASE AND INDEMNITY**

I, \_\_\_\_\_, understand that participation in fitness activities offered by the City and County of San Francisco ("City") and the Airport Commission ("Airport") in the Airport's fitness facilities and or at any Airport Commission sponsored health and wellness events, is not without risk and that I may suffer serious or fatal illness or injuries as a result. With full knowledge of such risks, and in consideration of being permitted to participate in the fitness activities, I hereby fully assume all risks, known and unknown, of illness and injuries, even if caused by the action, inaction, or negligence of the City or any City official, employee or volunteer ("Released Parties"), to the fullest extent allowed by law. I further agree to indemnify, defend and hold harmless the Released Parties, with respect to any and all claims and liabilities for bodily injury, illness or death, in any way arising out of my participation in the fitness activities, to the fullest extent allowed by law.

I hereby authorize the City to render emergency medical care if deemed necessary, and I further agree to pay all costs thereof. I understand that by signing this document I am giving up important legal rights.

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

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

**AIRPORT COMMISSION** CITY AND COUNTY OF SAN FRANCISCO

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