



## Survivorship NOW Waiver, Release, and Hold Harmless Agreement

**Background** - I recognize that Survivorship NOW and its supporting affiliated organizations are engaged in an effort to assist cancer survivors in charting and maintaining a multi-faceted wellness program after formal medical cancer treatments have concluded. I understand that Survivorship NOW is a non-profit wellness initiative sponsored by Dragonheart Vermont, Inc., a Vermont non-profit corporation. I acknowledge that my participation in the Survivorship NOW program(s) is sufficient and valuable consideration for the waivers, legal releases, and authorizations contained in this Agreement.

**Assumption of Risk** - I recognize that any exercise program that I may undertake in connection with the Survivorship NOW program will be at my own risk. This may include, but is not limited to, weight training, use of exercise machines, and swimming, stretching, and aerobic or cardio-related exercises. Programs may also include advice concerning nutrition and diet.

**Voluntary Participation** - I understand that participation in any exercise or wellness programs sponsored by Survivorship NOW is purely voluntary. I assume full responsibility for my participation. I understand that it is my responsibility to make decisions concerning the nature and extent of my participation in exercise and nutrition programs.

**Waiver, Release and Hold Harmless** - In the event that I am injured or suffer damage of any kind, to either my person or my property, while engaged in programs sponsored by Survivorship NOW and/or Dragonheart Vermont, Inc. or on the premises where Survivorship NOW programs are held, I expressly waive my right to sue Survivorship NOW and/or Dragonheart Vermont, Inc., and agree to indemnify and hold Survivorship NOW and Dragonheart Vermont, Inc harmless should any third person be injured as a result of my acts or omissions while participating in Survivorship NOW programs. This waiver, release and hold harmless agreement shall extend to the service providers and building owners contracted by Dragonheart Vermont, Inc in connection with Survivorship NOW, including but not limited to: Synergy Fitness, PT360, and White Cap Ventures, LLC. This waiver shall include the named organizations, their officers, directors, employees, and agents.

**Authorization**- I also authorize Dragonheart Vermont and Survivorship NOW to utilize any photographs, personal narratives, interviews, or audio and/or video recordings of me while participating in Survivorship NOW activities.

**Binding Agreement** - I understand that this Agreement shall be binding on me, as well as on anyone making a claim through me, including my heirs, executors, administrators and assigns. I acknowledge that I am of legal age and possess capacity to make this Agreement.

**THIS IS A BINDING LEGAL AGREEMENT.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Witness