



## **Seniors' Week Activity Waiver**

As an online or telephone participant involved in any of the NESAs-hosted *Seniors' Week* activities, you are knowingly and voluntarily assuming the risks of engaging in these activities. You acknowledge that it is your responsibility to be aware of the risks associated with each activity and to safeguard yourself by ensuring:

1. That you are physically capable of participating in the activity;
2. That you exercise safety measures appropriate to the activity;
3. That you do not participate beyond your capabilities.

By participating in the North Edmonton Seniors Association's virtual *Seniors' Week* activities, you release the North Edmonton Seniors Association from any liability related to your participation. Please consult a medical professional before participating in any physical activity or exercise program.