Village of Palmetto Bay
Mayor's Fitness Challenge

Registration Form

LAST NAME: _____ FIRST NAME: _____ MIDDLE INITIAL: _____

ADDRESS: _____ CITY: _____ ZIP CODE: _____

E-MAIL: _____ HOME PHONE/CELL: _____

CATEGORY: ADULT (18+) D.O.B ___ / ___/ ___ AGE: _____ GENDER: ☐ MALE ☐ FEMALE

☐ RESIDENT ☐ NON RESIDENT ☐ COUNCIL/EMPLOYEE

WAIVER AND RELEASE OF LIABILITY/MEDICAL TREATMENT CONSENT

TO THE VILLAGE OF PALMETTO BAY: in consideration of the opportunity afforded to me or my minor child/ward to participate in the activity described in the Registration Form.
I, the undersigned, on behalf of myself or my child/ward named in the Registration form, do freely agree to make the following contractual representations and agreements.
I, on behalf of myself or my child/ward named in the Registration Form, acknowledge and understand that participation in the activity involves the risk of serious injury, including permanent disability and/or death and severe social and economic losses.
I, on behalf of myself or my child/ward named in the Registration Form, do hereby knowingly, freely, and voluntarily assume all liability for any damage or injury which may occur as a result of my or my child/ward's participation in such activity and will indemnify and hold harmless from any and all liability to release, waive, discharge, and covenant not to sue the Village of Palmetto bay, its officers, agents, employees, and volunteers from any and all liability or claims which may be sustained by me, my minor child/ward, or a third party directly or indirectly in conjunction with, or arising out of participation in the activity described herein, whether caused in whole or in part by the negligence of the Village of Palmetto Bay or otherwise. I, on behalf of myself or my child/ward named in the Registration Form, grant permission to transport the participant to and from events, activities, programs, etc. when required and hold harmless those who transport.
I, on behalf of myself or my child/ward named in the Registration Form, also agree to allow transportation of the participant to the nearest physician or hospital for medical treatment and agree for immediate first aid to injured person when deemed necessary.

PHOTO RELEASE

I give permission for any photograph, video tape, or any other form of audio visual record of myself or my child's participation with the Village of Palmetto Bay's Parks and Recreation Department to be used by the Village of Palmetto Bay for publicity purposes.

I, on behalf of myself or my child/ward, have read the above provision, fully understand its terms, and understand that I, on behalf of myself or my child/ward, have given up substantial rights by signing this waiver and I acknowledge that I signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of any and all liability to the greatest extent allowed by law and I agree that, if any portion of this Registration Form is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

I hereby agree to participate in the Village of Palmetto Bay's Mayor's Fitness Challenge. The information given is true. I hereby agree that any falsification of measurements, name, weight, etc. will result in an automatic disqualification.
*****We recommend that you consult with your physician prior to starting any exercise program.***

Name of Participant: _____ ***Date:*** _____/ _____/ _____ ***Signature:*** _____

Official Use ONLY:
Registration received on:
_____
Initial Wellness Assessment Conducted on: _____
*By:*_____

Body Composition Results

Initial Date_____	**Final Date** _____
Weight:_____**lbs**	_____**lbs**
Body Fat: _____%	_____%
BMI: _____	**BMI:** _____

Comments: _____
_____
_____

Official Use ONLY:
Registration received on:
_____
Final Wellness Assessment Conducted on: _____
By: _____

IMPORTANT INSTRUCTIONS

*****Please note that the Wellness Assessments, Screenings & all activities (classes, workshops, etc.) that are part of the Get Fit Palmetto Bay Program are open to the entire community and not just those who wish to participate in the Mayor's 7-Week Fitness Challenge. If you decide to participate in the Mayor's Fitness Challenge, you must register and make your online payment of $25 at http://www.palmettobay-fl.gov/content/get-fit-palmetto-bay-2016 (click Register highlighted in yellow) starting December 28th through January 16th, in addition to, uploading your registration form online (this form gets directly emailed to events@palemttobay-fl.gov) once you've completed your initial assessment. Please make sure your initial assessment results are completed on the form before paying and uploading it. You will keep/save the original and also input your results into your health passport. **Once Park Administration receives payment and your registration form, you will receive a confirmation to include a welcome email with instructions on picking up your goodie bag and easy steps to get you started in the Mayor's Fitness Challenge. You will then have 3-days to choose from to get your FINAL assessment and screenings. The deadline to email your registration form (to include all results) to events@palemttobay-fl.gov will be on the DEADLINE-Tuesday, March 1st at 11:00pm. Failure to submit the registration form by the DEADLINE or have missing information will automatically disqualify you for the Mayor's Fitness Challenge. **Please use your health passport to track all your results, workout, meals, etc. Before and after pictures are highly recommended to celebrate your successes throughout this journey but, ARE NOT required for the Mayor's Fitness Challenge. For instructions on how to take before and after pictures, watch https://www.youtube.com/watch?v=vxWXJMlegoo4***