



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## ROCKLAND COUNTY YMCA

### VIDEO HEALTH DISCLAIMER | SAFETY WARNING

Physical exercise, in all of its forms and with or without the use of equipment such as blocks, straps or any other equipment that may be used by an instructor of The Rockland County YMCA Association (together with its assignees and sublicensees, the "YMCA"), is a strenuous physical activity.

Accordingly, you are urged and advised to seek the advice of a physician before beginning any physical exercise regimen, routine, program, or using any suggested equipment shown in any of the videos from the Rockland County YMCA. The YMCA is not a medical organization and its instructors or staff cannot give you medical advice or diagnosis. All suggestions and comments relating to the use of equipment, poses, moves and instruction are not required to be performed by you and are carried out at your election while viewing YMCA videos. Nothing contained herein should be constructed as any form of such medical advice or diagnosis.

By using this content you represent that you understand that physical exercise involves strenuous physical movement, and that such activity carries the risk of injury whether physical or mental. You understand that it is your responsibility to judge your physical and mental capabilities for such activities. It is your responsibility to ensure that by participating in classes and activities from the YMCA, you will not exceed your limits while performing such activity, and you will select the appropriate level of classes for your skills and abilities, as well as for any mental or physical conditions and/or limitations you have. You understand that, from time to time, instructors may suggest physical adjustments or the use of equipment, and it is your sole responsibility to determine if any such suggested adjustment or equipment is appropriate for your level of ability and physical and mental condition. You expressly waive and release any claim that you may have at any time for injury of any kind arising out of your participation in a YMCA program or use of a YMCA facility against the YMCA, or any person or entity involved with the YMCA, including without limitation, its directors, principals, instructors, independent contractors, employees, agents, contractors, affiliates and representatives.