



# ***SUPERDOME***

We invite all community members to partake in our walking program. Our facility provides grass-like walking conditions ideal for active seniors and persons recovering from injury. Stay active this winter while avoiding the treacherous ice and snow that accompanies an Ottawa winter.

## Walking Program

### Highlights:

- ◆ Takes place Monday, Wednesday and Friday mornings from 8:00am to 10:00am  
& Tuesday and Thursday afternoons from 2:00pm to 4:00pm
- ◆ Each lap of the field equals one tenth of one mile.
- ◆ Only \$1 per session
- ◆ December 1st , 2009 to April 15th, 2010

All participants must sign and submit a waiver before participating in the Walking Program. Waivers must be submitted to TMSI Sports Management All participants are asked to check in at the front desk upon arrival.

Name	_____
Address	_____
Postal Code	_____
Phone	_____
Email Address	_____
Emergency Contact Person	_____
Phone	_____



**RELEASE, WAIVER and INDEMNIFICATION:** In consideration of the Superdome Sports Centre accepting my program enrolment, I, for my heirs, executors, administrators and assigns, release and forever discharge the Superdome Sports Centre, its directors, successors, respective servants, agents, employees or TMSI Sports Management from any claims, demands, damages, actions or causes of action arising out of or in consequence of any loss, injury or damage to my person or property incurred while attending or using the facilities of the Superdome Sports Centre for any reason. Without restricting the generality of the foregoing, the release is granted notwithstanding that any such loss, injury or damage may have arisen by reason of the negligence (gross or otherwise), breach of duty or of contract, of the Superdome Sports Centre, its directors, successors, servants, agents, employees or TMSI Sports Management. In addition, I agree to indemnify the Superdome Sports Centre, its directors, successors, servants, agents, employees or TMSI Sports Management from any claims or demands which might be made against Superdome Sports Centre, its directors, successors, servants, agents, employees or TMSI Sports Management by others arising out of or in consequence of my actions while attending or using the facilities of the Superdome Sports Centre. The facility management reserves the right to limit access to the club or revoke enrolment at its sole discretion.

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Signature