



June 21st, 2018

Dear Parents and Guardians,

We are excited to roll out our brand new KidFit Program at the Curling Rink! This 5 week exercise and fitness program designed especially for youth ages 10-14 starts July 10th and runs until August 16th, 2018.

The program occurs every **Tuesday and Thursday from 6:30-7:30pm.**

Program participants can expect a mixture of flexibility, mobility, cardio and strength-based exercises. All equipment will be provided. Participants are asked to bring indoor running shoes, comfortable athletic clothing and a water bottle (please ensure this is filled only with water.)

We suggest that your child has a light dinner or a healthy snack prior to coming to the program, so they can have enough fuel to make it through the workouts! No previous fitness experience is necessary; all levels and experience will be accommodated by our coaches.

The program runs out of the Curling Rink. In the springtime, this building can still be a little chilly, so we recommend that your child brings a light jacket or a sweater to wear in case they get cold.

Registration occurs Friday, June 29th, 2018 at the AWG Arena starting at 4:00pm until 6:00pm. Registration fees are \$60.00 per participant and payment is required up front to ensure enrollment.

We are always looking for volunteers, so if you're interested, please give us a call at 979-5611 or email us at recreation@city.iqaluit.nu.ca

We hope to see you there!

Iqaluit Recreation



**Iqaluit KidFit Program
Registration Package 2018**



Player Information (Please Print Additional Copies for more than 1 child)

Name: _____

Date of Birth: D _____ M _____ Y _____ Age: _____ Male _____ Female _____

House # _____ P.O. Box # _____ Phone# _____

_____ Health Care Number

_____ Allergies

_____ Medications

_____ Notable Injuries or Medical Conditions

Emergency Contact Information

_____ Contact Person

_____ Work Phone #

_____ Home Phone #

_____ Email

_____ Alternative Contact

_____ Work Phone #

_____ Home Phone #

Registration Information (all fees are due upon registration)

Registration fee: **\$60/** child _____
Paid _____ Date _____

Method of Payment Cash: _____ Debit: _____ Visa: _____ Cheque: _____

Monthly E-news letter

I would like to add my email address to the e-news letter distribution list.

_____ Email address



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Assumption of Risk

While unlikely, there are some consequences to the physical activities that could cause serious injury.

Activities that may be included during the KidFit program include:

- Travel to and from sites for KidFit activity sites including walking, taxi and bus transportation;
- Drills and skills development activities including running, jumping, skipping, throwing and catching;
- Physical activity and exercises using equipment;
- Sport activities both indoor and outdoor;
- Indoor and outdoor games;
- Competitive activities;
- Special Events including BBQ's and tournaments.

I HAVE READ THIS ASSUMPTION OF RISK, FULLY UNDERSTAND ITS TERMS,
UNDERSTAND THAT I HAVE GIVEN UP RIGHTS TO MYSELF AND MY CHILD BY SIGNING
IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT INDUCEMENT.

X _____
Parent/Guardian

Date _____

X _____



IMPORTANT – PLEASE READ CAREFULLY. YOU ARE SIGNING AWAY LEGAL RIGHTS ON BEHALF OF YOUR CHILD AND YOURSELF. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THIS WAIVER PLEASE CONTACT THE CITY OF IQALUIT PRIOR TO SIGNING AT 979-5611

Participant’s Name _____ Date of Birth _____ / _____ / _____

Parent/Guardian: _____ Contact Number (____) _____ - _____

The City of Iqaluit KidFit Program (“Minor KidFit”) strives to provide a safe, clean and fun atmosphere.

In Consideration of my child’s voluntary participation in the KidFit in Iqaluit, Nunavut, including all KidFit planned throughout the City of Iqaluit, I acknowledge and agree on behalf of myself and my child identified above that:

1. The risk of serious injury from participating in the KidFit Activities, although minimal, does exist;
2. My child is physically fit to participate in the KidFit and I agree that all KidFit Activities are appropriate for my child;
3. I, for myself and my child, knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the City of Iqaluit and assume full responsibility for my child’s participation at the Camp;
4. I and my child willingly agree to comply with the stated Terms and Conditions for participation and to obey the direction and requests of the City of Iqaluit staff. If I observe any hazards during my presence or my child’s participation, I will remove myself and my child from the participation and immediately bring the said hazard to the attention of the nearest City of Iqaluit **Recreation Department** Employee;
5. I, for myself, my child and on behalf of my heirs, assigns, personal representatives, insurers and next of kin, **HEREBY WAIVE, RELEASE, AND HOLD HARMLESS**, the City of Iqaluit and its agents, employees, volunteers, officers and directors (collectively the “City of Iqaluit”) from any and all claims, demands, lawsuits, actions, causes of action, complaints, litigation, costs (including legal costs or fees) or liabilities arising out of, or in any way related to, any loss, damage, expense or injury (whether to person or property) that I or my child may suffer as a result of my child’s participation in the Minor KidFit, due to any cause whatsoever;
6. I **AGREE TO HOLD HARMLESS AND INDEMNIFY** the City of Iqaluit from any and all claims, demands, lawsuits, actions, causes of action, complaints, litigation, expenses, costs (including legal costs or fees) or damages (whether to person or property), of any kind or nature whatsoever, that they might suffer or incur arising out of or in any way related to my minor child’s involvement or participation in the Minor KidFit; and
7. This release and waiver extends to all acts of negligence by the City of Iqaluit and is intended to be as broad and inclusive as permitted by the laws of the Nunavut Territory, and of Canada as applied in Nunavut, and if any portion of the agreement is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP RIGHTS TO MYSELF AND MY CHILD BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT INDUCEMENT.

Parent/Guardian

Date

Witness

Witness Name – Printed