**AFT Guild Retiree Chapter Activity Liability Waiver Agreement**

I understand that this Sunset Cliffs Walk on March 30, 2022, activity sponsored by the AFT Guild Retiree Chapter, hereinafter referred to as “activity,” includes physical movements as well as an opportunity for relaxation. As is the case with any physical activity or exercise, the risk of potentially serious injury or even death is always present and cannot be entirely eliminated. If I experience any pain or discomfort, I will listen to my body, discontinue the activity, and ask for support from the instructor or activity leader or seek medical attention. I assume full responsibility for any and all injuries, damages or loss that may result from participation.

This activity is not a substitute for medical attention, examination, diagnosis or treatment. This activity is not recommended and is not safe under certain medical conditions. I will make the instructor aware of any medical conditions or physical limitations before I participate in this activity. I acknowledge and affirm that I alone am responsible to decide whether to participate in this activity, and whether to seek medical clearance before I participate in this activity. I also acknowledge and affirm that participation in this activity is entirely at my own risk.

By signing this Liability Waiver Agreement, I hereby agree to and do irrevocably release and waive any and all claims of any kind for any and all injuries, damages or loss that I have now or may have later against AFT Local 1931, AFT Local 1931, Retiree Chapter, the San Diego Community College District, the Grossmont-Cuyamaca Community College District, other participants in the activity, and/or their respective employees, agents, members, trustees and affiliates (collectively, the “Released Parties”). I have read and fully understand and agree to the above terms of this Liability Waiver Agreement. I am signing this agreement voluntarily and recognize that MY SIGNATURE SERVES AS A COMPLETE AND UNCONDITIONAL RELEASE OF ANY AND ALL LIABILITY WHATSOEVER AGAINST ANY ONE OR MORE OF THE RELEASED PARTIES TO THE GREATEST EXTENT ALLOWED BY LAW IN THE STATE OF CALIFORNIA.

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Print Name

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Signature

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Date