In consideration of being permitted to participate in any War Memorial cooking classes and camps, I, in full recognition and appreciation of the dangers and risks inherent in such activities related to preparing food and working with tools and appliances, do hereby waive, release, and forever discharge the Grosse Pointe War Memorial Association, its instructors, officers, agents, employees and volunteers, from and against any and all claims, demands, action or causes of action for costs, expenses or damages to personal property or personal injury, or death, which may result from my participation or my child's participation in these activities. I understand and admit that my participation or my child's participation in War Memorial's classes and camps is voluntary. I assume full responsibility for any injuries or damages resulting from my participation or child's participation in this program, including responsibility for using reasonable judgment in all phases of participation of the program and travel to and from the cooking location. I recognize and understand that the activities may be hazardous, that my participation or child's participation is solely at my own risk, and that I assume full responsibility for any resulting injuries and damages. I affirm that I, or my participating child, am in good health. I further declare that I, or participating child, am physically fit and capable to participate in such activities. I acknowledge that it is the recommendation of War Memorial that I obtain general medical/health insurance if I am not already covered. I understand that it is my responsibility to notify the appropriate person in the work place or event host(s) of emergency medical information. I also understand that this Waiver of Liability and Release binds my heirs, executors, administrators, and assigns as well as myself.