



AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY

In consideration of being allowed to participate in any way in _____
(Strengthio Coachs) athletic sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist.
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation.
3. I will willingly agree to comply with the stated and customary terms and conditions for participation. If, however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately.
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS (Strengthio Fitness and Strengthio Coach) their officers, officials, owners, agents, and or employees, other participants, sponsoring agencies, sponsors, advisters, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), with respect to any and all injury, disability, death, loss or damage to person or property, weather arising from the negligence of the releases or otherwise, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARY WITHOUT ANY INDUCEMENT.

_____ Date Signed: _____
(Participant's Signature)

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE OF 18 AT THE TIME OF REGISTRATION) this is to certify that I, as parent/ guardian with legal responsibility for this participant, have read and explained the provisions in this waiver/ release to my child/ ward, including the risks of activity, and his/her responsibilities for adhering to the rules and regulations. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the releases and myself, my spouse and child/ward do release and agree to indemnify and hold harmless the releases from any and all liabilities incident to my minor child's/ward's involvement or participation in these activities as provided above, even if arising from their negligence, to the fullest extent permitted by law.
(Parent/ Guardian Signature) _____ Date Signed: _____

Emergency Phone Number: (____) _____