

Speed, Agility, Exercise Training Workshop and/or Training Session Medical Release, & Liability Waiver Form

IF THE PARTY IS 18 years old or older, complete the following down to the Consent section; otherwise, the parent or legal guardian must also sign (bottom of document).

Voluntary – My participation in this Workshop/Training is voluntary.

I agree to fully participate in the training and I will fully disclose any pre-existing conditions or injuries in advance of the training to the instructor that may limit or hinder my participation.

Assumption of Risk – I realize that during this Workshop & Training there are ways that I could potentially hurt myself if I am not careful and pay close attention to my Instructor and the proper safety techniques I am taught. I realize that my participation in any of these activities is strictly voluntary and that I assume the risks associated with these activities.

Waiver – I release Fitness Mastery, LLC, Scott Iardella, the sponsors, organizers, instructors, volunteers, and site property owners (as well as all of their affiliates, directors, officers, trustees, employees, representatives, or agents) from all actions or claims of any kind that relate to my participation in this Strength and/or Speed Training Workshop. I understand and acknowledge that this waiver binds my heirs, administrators, executors, personal representatives, and assignees.

Hold Harmless – I hold Fitness Mastery, LLC, Scott Iardella, the sponsors, organizers, instructors, volunteers, and site owners harmless and indemnify them against all actions or claims (including reasonable attorneys' fees, judgments and costs) with respect to any injuries, death, or other damages or losses, resulting from my participation in this Strength Training Workshop.

I UNDERSTAND AND AGREE WITH THE CONTENTS OF THIS DOCUMENT. ANY QUESTIONS I MAY HAVE HAD ABOUT THIS DOCUMENT WERE ANSWERED TO MY SATISFACTION.

DATE: _____

Participant's Printed Name

Participant's Signature

CONSENT

If student is under the age of 18, his or her parent or legal guardian must also sign.

I, _____, am the parent or legal guardian of the student who has signed above. I have read and understand the provisions of this document and agree to the all of the above provisions of this Code of Conduct.

Parent or Legal Guardian's Printed Name

Parent or Legal Guardians' Signature