



RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISK, INDEMNITY AGREEMENT, AND JURISDICTION AGREEMENT

I, _____, [Please Print Name] request to participate voluntarily in CrossFit training at the premises of CrossFit BodyM. Now, therefore:

Express assumption of risk: I am aware that there are significant risks involved in all aspects of physical training. These risks include but are not limited to: falls which can result in serious injury or death, injury or death due to negligence by me, my training partner, or other people around me, and injury or death due to improper use or failure of equipment. I am aware that any of these above-mentioned risks may result in serious injury or death to me and/or my partner(s).

I willingly assume full responsibility for and expressly assume the risks that I am exposing myself to and accept full responsibility and risks for any injury or death that may result from participation in any activity, class or event while at the facility of CrossFit BodyM. I acknowledge that I have no physical impairments or illnesses that will endanger me or others. I agree to use the equipment at CrossFit BodyM for its intended use in a safe and responsible manner. I agree I will not modify or alter the equipment at CrossFit BodyM in any way, and I will obey the instructions of the CrossFit BodyM trainers and all posted signs relating to training and use of equipment.
Initials: _____

Release: In consideration of the above mentioned risks and hazards and in consideration of the fact that I am willingly and voluntarily participating in the training and activities taking place at CrossFit BodyM, I hereby release CrossFit Inc., CrossFit Kids, CrossFit BodyM and their principals, agents, officers, directors, managers, employees, and volunteers from any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my participation in any activity at CrossFit BodyM, including those attributed to any allegedly negligent acts or omissions of the above-mentioned parties. This waiver and release of liability shall be binding upon me, my successors, representatives, heirs, executors, assigns, and transferees. If any portion of this waiver and release of liability is held invalid, I agree that the remainder of the waiver and release of liability shall remain in full legal force and effect.
Initials: _____

Indemnification: I recognize that there is risk involved in the types of activities offered at CrossFit BodyM. Therefore I accept full and complete financial responsibility for any injury that I may cause either to me or to any other participant at CrossFit BodyM whether due to my negligence or otherwise. In the event CrossFit Inc., CrossFit Kids, CrossFit BodyM, or anyone acting on their behalf incurs attorney's fees and costs to enforce this waiver and release of liability, I agree to reimburse them for all such fees and costs. I further agree to indemnify and hold harmless CrossFit Inc., GSS CrossFit, Inc., GSS CrossFit Kids, CrossFit BodyM, and their principals, agents, officers, directors, managers, employees, and volunteers from liability for the injury or death of any person(s) and damage to property that results in whole or in part from my negligent or intentional act or omission while on the premises of CrossFit BodyM.
Initials: _____

Termination of Membership: CrossFit BodyM reserves the right to terminate effective immediately the membership of any person who violates any rule of CrossFit BodyM or who acts in an unsafe or inappropriate manner while at CrossFit BodyM. Such termination shall be in the sole discretion of CrossFit BodyM.

I have read and understand the foregoing assumption of risk, waiver and release of liability, indemnification, and termination provisions. I understand that by signing this form I may be waiving valuable legal rights.

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SIGNATURE OF PARTICIPANT

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DATE

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NAME OF PARTICIPANT

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SIGNATURE OF PARENT/GUARDIAN IF UNDER 18

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DATE

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NAME OF PARENT/GUARDIAN