



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

BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.

PARTICIPANTS NAME		D.O.B.
HOME PH	MOBILE PH	
EMAIL		
ADDRESS	SUBURB	POST CODE

TO: CrossFit BodyM, owners, volunteers, directors, officers, employees, trainers, instructors, agents, officials, independent contractors, servants, representatives, successors and assigns (hereinafter referred to as "Crossfit BodyM")

DEFINITIONS:

In this agreement:

a) The term "ATHLETIC ACTIVITY OR "ATHLETIC ACTIVITIES" includes but is not limited to personal training, fitness classes, team or individual competitions, fitness assessments, use of facilities, observation of athletic activities, Olympic lifting, power lifting, strongman training or competitions, gymnastics, strength conditioning, metabolic conditioning, plyometrics, interval training, bodyweight conditioning, bouldering, rope climbing, macro climbing, stretching, outdoor running on trails or sidewalks, sports, and programs, clinics, seminars, and services provided to the athlete by Crossfit BodyM.

b) The term "INJURY" shall refer to all forms of physical, mental, and emotional injury in any way related to athletic activity and transportation activities including, but not limited to: death, breaks, strains, lacerations, dislocations, exercise induced rhabdomyolysis, heart failure, concussion, frostbite, hypothermia, heat illness, dehydration, trauma, anxiety, and fears.

DISCLAIMER:

Crossfit BodyM and their owners, volunteers, directors, officers, employees, trainers, instructors, agents, officials, independent contractors, servants, representatives, successors and assigns (hereafter referred to as Crossfit BodyM) are not responsible for any death, injury, loss, or damage of any kind suffered by any person while using Crossfit BodyM facilities, participating in or watching Crossfit BodyM activities, caused in any manner whatsoever including, but not limited to, the negligence of Crossfit BodyM. I am aware that athletic activities have inherent dangers and risks including but not limited to the potential for serious personal injury or death caused by any Crossfit BodyM athletic activities or any condition of the facilities or equipment of Crossfit BodyM, some of which include:

- a. Transient light-headedness, fainting, abnormal blood pressure, chest discomfort, muscle cramps, muscle soreness, pain, discomfort, fatigue, nausea, heart failure, exercise induced rhabdomyolysis, and so forth;
- b. All manner of injury resulting from slipping or falling, either roped or unroped, while jumping, skipping, running, walking, lifting, climbing, and impacting against the floor, walls, equipment, other athletes, or any permanent or temporary fixtures or equipment;
- c. Abrasion, entanglement, lacerations, bruising, dislocation, and other injuries resulting from activities on or near stands, racks, weight bars, pull up bars, walls, ropes, cargo nets, medicine balls, and plyo boxes;
- d. Injuries resulting from falling athletes or objects such as weights, dumbbells, bars, medicine balls, ropes, and so forth or by any objects dropped by other persons conducting athletic activities or assisting others;

- e. Failure of the equipment, racks, stands, bars, attachments, anchors, ropes, harnesses; And, I do hereby further acknowledge and agree:
 - a. That the athletic activities I am participating in requires a moderate to high degree of effort, are designed to be high intensity, and are intended to maximally challenge my cardiovascular endurance, stamina, strength, flexibility, speed, power, coordination, agility, balance, and accuracy;
 - b. That I will honestly represent my level of fitness, health, nutrition, use of medication, medical history, and current physical, mental, and medical condition to Crossfit BodyM;
 - c. That although Crossfit BodyM takes steps to reduce the risks and increase the safety of all athletic activities, it is not possible for Crossfit BodyM to make these athletic activities completely safe;
 - d. That I am personally responsible for my preparation prior to athletic activities, my concentration and attention during these athletic activities, and for my post activity rest and recovery;

- e. That I will learn and obey the rules and regulations of Crossfit BodyM, and that I will follow the instructions and directions of Crossfit BodyM during athletic activities;
- f. That I will inform Crossfit BodyM immediately should I feel any pain, discomfort, fatigue, nausea or other symptoms that I may suffer during and immediately after athletic activities.
- g. That I may stop participating at any time and that I may be directed to stop by Crossfit BodyM should I display noticeable signs of distress.
- h. That I consent to receive first aid and medical treatment by the Crossfit BodyM in the event of an accident, injury or illness during athletic activity.
- i. That Crossfit BodyM may videotape, audiotape, or photograph you for instructional and promotional purposes without payment of any kind to you and without further notice to you or permission from you.

I HAVE READ AND UNDERSTAND THE ABOVE INFORMATION AND HAVE COMPLETED THIS SECTION TO THE BEST OF MY KNOWLEDGE

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SIGN DATE