



TRAINING CENTER

Ninja Warrior Gymn

RELEASE & WAIVER FORM

I, _____ have voluntarily agreed and have chosen to participate in activities at LIVE Training Center. I understand that the activities related may be dangerous and participation may expose me to many inherent risks, including but not limited to accidents, illness, injury or death.

I understand that activities of LIVE Training Center include strength training, running, agility drills, jumping, intense cardiovascular training, flexibility training, in addition to other physical activities. Acknowledgement is hereby made that activities may also require me to spend time inside and outside in heat and other weather conditions. The risks include, but are not limited to, use of training facilities, exercise programs, terrain, temperature, weather, my physical condition, equipment, actions of others, and lack of hydration. I acknowledge and assume all risk of injury associated with my participation in LIVE Training Center programs, events, and training, including, but not limited to falls, contact with action of others, effects of weather, high heat and/or humidity, my physical condition, equipment, and failure to properly hydrate.

By participating in LIVE Training Center events, programs or activities, I agree to release and discharge Live Training Center and any of its employees, volunteers, supervisors, from any harm or injuries sustained by me as a result of participation. I agree to indemnify and hold harmless, Live Training Center, and any of its employees, volunteers and supervisors, facilities and owners of Live Training Center against any liability, loss, cost or claim or damage incurred as a result of such injury or loss. I understand fitness programs require that I be in good health and have no known condition that could endanger my well-being through participation. I will notify Live Training Center of any such conditions in writing prior to enrolling in any Live Training Center program, activity or event.

I agree to consent to the use of any photos or video taken during the course of training to be used for promotional purposes of Live Training Center. By participating in the program, I give consent and permission for such use of their image and likeness and release all rights to these images.

After having read this waiver and acknowledging these facts, and in consideration of my participation in any Live Training Center program, my signature reflects my full agreement with this waiver and all conditions. This agreement cannot be modified orally, nor by any representative of Live Training Center, or anyone else that verbally contradicts any of the terms of this release and the undersigned has entered into this agreement free and voluntarily without force. By submitting this form, I acknowledge that I have read and have full understanding of its content, and agree to its provisions.

Name _____

Signature _____

DOB _____

Today's Date _____

Phone number _____

E-mail _____

EMERGENCY CONTACT INFORMATION:

Full name of contact:

Phone number for contact:

Relationship of contact:

Other phone number for contact: (optional)
