

## ATHLETE WAIVER

Full Name

Email Address

Gender

Street Address

City

Province/Region

Zipcode

Country

Date of Birth

### Iron Tide CrossFit Waiver and Release of Liability

I, the undersigned, request to participate voluntarily in CrossFit training at the premises of Iron Tide CrossFit.

Initial here:

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 Iron Tide CrossFit.

**I acknowledge that I have no physical impairments or illnesses that will endanger me or others. I agree to use the equipment at Iron Tide CrossFit for its intended use in a safe and responsible manner. I agree I will not modify or alter the equipment at Iron Tide CrossFit in any way, and I will obey the instructions of the Iron Tide CrossFit trainers and all posted signs relating to training and use of equipment.**

Initial here:

#### 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 Iron Tide CrossFit, I hereby release CrossFit Inc., CrossFit Kids, Iron Tide CrossFit, 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 Iron Tide CrossFit, 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.

Initial here:

#### Indemnification:

I recognize that there is risk involved in the types of activities offered at Iron Tide CrossFit. Therefore I accept full and complete financial responsibility for any injury that I may cause either to me or to any other participant at Iron Tide CrossFit whether due to my negligence or otherwise. In the event CrossFit Inc., CrossFit Kids, Iron Tide CrossFit, 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., Iron Tide CrossFit, 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 Iron Tide CrossFit.

Initial here:

**Termination of Membership:**

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

**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.**

**PARENTAL CONSENT** (for participants under the age of 18):

I, the undersigned parent or legal guardian of the child indicated, have read the above and understand the foregoing assumption of risk, and release of liability and agree to its terms on behalf of my child and myself. I understand that by signing this form, I am giving up substantial rights on behalf of my child and myself.

☐ I agree to these terms.

**Sign your name below:**

Please read the [Electronic Records and Signature Disclosure](#)

☐ I agree to use electronic records and signatures