

## PRAETORIAN CROSSFIT WAIVER

Full Name

Email Address

Gender

Street Address

City

Province/Region

Zipcode

Country

Date of Birth

I willingly assume full responsibility for any and all risks that I am exposing myself to as a result of my participation in programs/classes at 2001 Hwy 127, Perry, Ga., 31069 (which will be referred to as Praetorian CrossFit) and accept full responsibility for any injury or death that may result from participation in any activity, class or physical fitness program. I hereby certify that I know of no medical problems that would increase my risk of illness and injury as a result of participation in a fitness program designed by Praetorian CrossFit. With my full understanding of the above information, I agree to assume any and all risk associated with my participation in Praetorian CrossFit's programs/classes.

Initial here:

By signing this document, I acknowledge that I have voluntarily chosen to participate in a program of progressive, physical exercise. By signing this document, I acknowledge being informed of the strenuous nature of the program and the potential for unusual, but possible, physiological results including, but not limited to, abnormal blood pressure, rhabdomyolysis, fainting, heart attack, or death. By signing this document, I assume all risks for my health and well-being and hold Praetorian CrossFit, as well as its owners, employees, and other authorized agents including independent contractors, harmless there from. I understand that questions about exercise procedure and recommendations are encouraged and welcome.

Initial here:

### **Waiver and Release:**

I fully understand that my personal exercise program may be strenuous and I choose to participate voluntarily. I accept all responsibility for my health and any results, injury or mishaps that may affect my well-being in any way. I waive any claims, demands, causes of action or any claims for relief whatsoever against, and release Praetorian CrossFit (as well as any of its owners, employees, or other authorized agents including independent contractors) from any and all liability, claims and/or causes of action that I may have for injuries or other damages, arising out of participation in Praetorian CrossFit activities, including, but not limited to the personal training/ nutritional programs and programs/classes.

Initial here:

**Photo/Video Release:** I hereby grant Praetorian CrossFit permission to use my photograph/video image in any and all publications for Crossfit or Praetorian CrossFit, including web site entries, without payment or any other consideration in perpetuity. I hereby authorize Praetorian CrossFit to edit, alter, copy, exhibit, publish or distribute all photos and images. I waive the right to inspect or approve the finished product, including written or electronic copy, wherein my photo appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photograph or video images. I hereby hold harmless and release and forever discharge Praetorian CrossFit from all claims, demands, and causes of action which I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf or on behalf of my estate which may have or may have by reason of this authorization.

Initial here:

**Indemnification:** I recognize that there is risk involved in the types of activities offered by Praetorian CrossFit. Therefore I accept financial responsibility for any injury that I may cause either to myself or to any other participant due to his/her negligence. Should the above-mentioned parties, or anyone acting of their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless Praetorian CrossFit, their principles, agents, employees, and volunteers from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in activities offered by Praetorian CrossFit.

**I have fully read and fully understand the foregoing assumption of risk, and release of liability and I understand that by signing it obligates me to indemnify the parties named for any liability for injury or death of any person and damage to property caused by my negligent or intentional act or omission. I understand that by signing this form I am waiving valuable legal rights.**

I have carefully read this Agreement and fully understand its contents. I am aware that this is a release and waiver of liability and sign it knowingly, voluntarily, and of my own free will.

☐ 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