

## ATHLETE WAIVER

Full Name

Email Address

Gender

Street Address

City

Province/Region

Zipcode

Country

Date of Birth

### Informed Consent / Assumption of Risk

I am aware that there are significant risks involved in all aspects of physical training. I understand that the reaction of the heart, lungs and vascular system to exercise cannot always be predicted with accuracy. I understand that there is a risk of certain abnormal changes occurring during or following exercise which may include abnormalities of blood pressure or heart rate; chest, arm or leg discomfort; transient light-headedness or fainting; and in rare instances, heart attack, stroke or even death. Excessive work can result (in rare cases) in rhabdomyolysis. I should look for signs of excessive soreness, darkened urine, and pain in the kidney areas in the days following a particularly intense workout. While this type of injury is relatively rare, it can occur due to a number of factors, including (but not limited to) genetic predisposition or dehydration, that may be beyond the control of my trainer. I understand that the programs and classes offered by CrossFit San Antonio are of a nature and kind that are extremely strenuous and can/may push me to the limits of my physical abilities. These risks include, but are not limited to: falls which can result in serious injury or death, injury or death due to negligence on the part of myself, my training partner, or other people around me, 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 myself and/or my partner(s).

I willingly assume full responsibility for any and all risks that I am exposing myself to as a result of my participation in CrossFit San Antonio programs/classes 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 as a result of participation in a fitness program designed by CrossFit San Antonio.

With my full understanding of the above information, I agree to assume any and all risk associated with my participation in CrossFit San Antonio programs/classes.

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 positive, physiological results including, but not limited to, abnormal blood pressure, rhabdomyolysis, fainting, heart attack, muscle strains, muscle pulls, muscle tears, broken bones, or any other illness, soreness, injury, or death. By signing this document, I assume all risk for my health and well-being and hold CrossFit San Antonio, as well as its owners, employees, and other authorized agents including independent contractors, harmless therefrom. I understand that questions about exercise procedure and recommendations are encouraged and welcome.

Initial here:

### Waiver and Release:

I have enrolled in the fitness programs/ trainings offered at Crossfit San Antonio. I understand that the program may involve strenuous physical activity, including but not limited to, muscle strength, and endurance training, cardiovascular conditioning training, and other forms of fitness activities. I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this exercise program. I acknowledge that it is recommended that I seek approval from my physician before implementing an exercise regimen, as there may be significant health risks associated with exercising. I also understand that injury or death may result if equipment is not used properly. I understand that it is my responsibility, and it is recommended that I secure personal health insurance in advance.

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 or health in any way. I understand that in an event of accident or injury, personal judgment may be required by Crossfit San Antonio employees, agents, representatives, or volunteers regarding what actions should be taken on my behalf. Nevertheless, I acknowledge that Crossfit San Antonio and/or its employees, agents, representatives or volunteers do not leave owe a duty to take action on my behalf.

I waive any claims, demands, causes of action or any claims for relief whatsoever against, and release CrossFit San Antonio (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 CrossFit San Antonio activities, including, but not limited to the personal training / nutritional programs and programs/classes.

Initial here:

### Photo/Video Release:

I hereby grant CrossFit San Antonio permission to use my photograph/video image in any and all publications for CrossFit or CrossFit San Antonio, including web site entries, without payment or any other consideration in perpetuity. I hereby authorize CrossFit San Antonio to record, edit, alter, copy, exhibit, publish or distribute collectively, "Use" 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 CrossFit San Antonio from all claims, demands, and causes of action which I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf of on behalf of my estate which may have or may have by reason of such Use or this authorization.

Initial here:

Indemnification:

I recognize that there is risk involved in the types of activities offered by CrossFit San Antonio. Therefore, I, for myself and on behalf of my heirs, assigns, personal representatives, and next of kin, hereby release indemnify, and hold harmless Crossfit San Antonio, its officers, agents, students and or employees from any and all claims, demands, damages, cause of action, present or future, arising out of my use of Crossfit San Antonio's facility and/or programs to the fullest extent permitted by law. 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 on 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 CrossFit San Antonio, their principals, agents, employees, and volunteers from liability fro 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 CrossFit San Antonio.

I have fully read and fully understand the foregoing assumptions of risk, and release of liability and i understand 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.

Initial here:

☐ 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