

PRIMARY MOEFIT WAIVER

Full Name

Email Address

Gender

Street Address

City

Province/Region

Zipcode

Country

Date of Birth

You must initial 3 section(s) in these terms.

Express assumption of risk: I, the undersigned, 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 on the part of myself, my training partner, or other people around me; injury or death due to improper use or failure of equipment; strains and sprains. 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 the risks that I am exposing myself to and accept full responsibility for any injury or death that may result from participation in any activity or class while at, or under direction of MOEFIT LLC.

I, the undersigned acknowledge that I have no physical impairments or illnesses that will endanger myself or others.

Initial here:

Among the potential risks of strenuous exercise is a rare but serious condition known as Rhabdomyolysis. Rhabdomyolysis is a medical disorder that harms the kidneys. The disease results from the toxicity of destroyed muscle cells. A pigment that contains Iron, called myoglobin, that exists in skeletal muscle enters the bloodstream after the muscle suffers damage. The kidneys have difficulty filtering the myoglobin out of the bloodstream, because it blocks the structures within the kidney, which can result in serious kidney damage or kidney failure. Additionally, the dead skeletal muscle can cause large shifts in fluid from the bloodstream into the muscle, which reduces the relative fluid volume of the body and can lead to shock and reduced blood flow to the kidneys.

This condition has many causes, among them are:

- Severe exertion such as marathon running or calisthenics
- Ischemia or necrosis of the muscles (as may occur with arterial occlusion or other conditions)
- Seizures
- Use or overdose of drugs-especially cocaine, amphetamines, statins, heroin, or PCP
- Trauma
- Shaking chills
- Heat intolerance and/or heatstroke
- Alcoholism (with subsequent muscle tremors)
- Low phosphate levels

Rhabdomyolysis affects about one out of 10,000 people in the United States, with slightly higher incidence in men.

Rhabdomyolysis accounts for an estimated eight to fifteen percent of cases of acute renal failure. About five percent of rhabdomyolysis cases result in death.

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 activities offered by MOEFIT LLC, I, the undersigned hereby release MOEFIT LLC, their principals, agents, 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 this activity, including those allegedly attributed to the negligent acts or omissions of the above mentioned parties.

This agreement shall be binding upon me, my successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, I agree that the remainder of the agreement shall remain in full legal force and effect.

If I am signing on behalf of a minor child, I also give full permission for any person connected with MOEFIT LLC to administer first aid deemed necessary, and in case of serious illness or injury, I give permission to call for medical and or surgical care for the child and to transport the child to a medical facility deemed necessary for the well being of the child.

Indemnification: The participant recognizes that there is risk involved in the types of activities offered by MOEFIT LLC. Therefore the participant accepts financial responsibility for any injury that the participant may cause either to him/herself 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 26.2 Crossfit, their principals, 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 MOEFIT LLC, at the main building or abroad. This includes but is not limited to parks, recreational areas, playgrounds, areas adjacent to main building, and/or any area selected for training by MOEFIT LLC.

I have read and understood 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.

Initial here:

☐ I agree to these terms.

Have you ever had heart disease? *

☐ Yes ☐ No

Have you ever had high blood pressure? *

☐ Yes ☐ No

Have you ever had chest pains, or shortness of breath? *

☐ Yes ☐ No

Do you smoke? *

☐ Yes ☐ No

Do you have knee issues? *

☐ Yes ☐ No

What about lower back problems? *

☐ Yes ☐ No

Neck or shoulder pain? *

☐ Yes ☐ No

What about hips and/or pelvis? *

☐ Yes ☐ No

Are you currently taking any medications *

☐ Yes ☐ No

If "yes", please list

Is there anything else at all we should know about your current physical condition? *

☐ Yes ☐ No

If "yes", please spill the beans.....

Sign your name below:

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

☐ I agree to use electronic records and signatures