

## ATHLETE WAIVER OF LIABILITY

Full Name

Email Address

Gender

Street Address

City

Province/Region

Zipcode

Country

Date of Birth

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### Waiver and Release of Liability

Terraform Strength And Conditioning  
441 W. Main Street  
Gallatin, TN 37066

**Express assumption of risk:** I, the undersigned, am aware that there are significant risks involved in any personal training regimen. 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. Injury may also result simply from the fact of physical training itself. **By its very nature, physical training seeks to have me pushed beyond my limits in order to produce a physical adaptation by my body. This requires feedback from me to my trainer regarding what is happening with my body. Excessive work can result (in rare cases) in exertion rhabdomyolysis . I should look for signs of excessive soreness, darkened urine, and pain in the kidney areas in days following a particularly intense workout.** 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 training with Terraform Strength And Conditioning trainers or associates.

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

**Initials:** \_\_\_\_\_

**Release:** In consideration of the above mentioned risks and hazards and in consideration of the fact that I am willing and voluntarily participating in the activities available with Terraform Strength And Conditioning, I, the undersigned, hereby release Terraform Strength And Conditioning, their principals, agents, employees, and volunteers from any and all liability, claims, demands, actions, or rights of action, in 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 persona connected with Terraform Strength And Conditioning 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 the 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 Terraform Strength And Conditioning. 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 reimburse them for such fees and costs. I further agree to indemnify and hold harmless Terraform Strength And Conditioning, 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 negligence, intention, act, or omission while participating in activities offered by Terraform Strength And Conditioning.

**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.**

**Signature of participant:** \_\_\_\_\_

**Date:** \_\_\_\_\_

If participant is under the legal age of 18,

**Signature of Parent or Guardian:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent/Guardian Print Name:** \_\_\_\_\_

☐ I agree to these terms.

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**Sign your name below:**

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

☐ I agree to use electronic records and signatures