ATHLETE + MEMBERSHIP FORM

Full Name

Email Address

Gender

Street Address

City

Province/Region

Zipcode

Country

Date of Birth

Photography/Video Release

Participants involved in any activities offered by Caution Fitness may be photographed or videotaped during training. The undersigned hereby consent to the use of these photographs and/or videos without compensation on the Caution CrossFit Fitness and/or published by Caution Fitness.

Waiver and Release of Liability

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 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 I may result from participation in any activity or class while at, or under direction of Caution Fitness. I acknowledge that I have no physical impairments, injuries, or illnesses that will endanger me or others.

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 Caution Fitness, I, the undersigned hereby release Caution Fitness, their principals, agents, employees, and volunteers from any and all liability, claims, demands, actions of 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 Caution Fitness 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.

Payment Policy: Form of payment will be automatically withdrawal from the day your membership begins. There will be no cancelation fee. Cancelations must be notified 30 Days before the next billing date via email to info@cautioncrossfit.com If your payment is processed and there is no notification via email, there will be no refund. If you would like your membership on a sudden hold to keep your price, there is a 15 dollar month charge until returning.

I**ndemnification:** The participant recognizes that there is risk involved in the types of activities offered by Caution Fitness. 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 Caution Fitness, 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 Caution Fitness, 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 Caution Fitness.

Membership Cancelation Policy

As of January 1,2024, membership agreements require a credit card on file for automatic billing. All cancelation inquires must be sent to info@cautioncrossfit.com. (Membership Cancelation will be valid if it is not set via E-mail.)

Policy by membership described below:

Month to Month membership is membership with no contract or commitment. Memberships can be carried at any time with a 28-day notice prior to the next billing date. This membership is Auto-Billed every such date of your membership.

All commitment Memberships (Contracts)-4Months,8 months 12 months- can only be terminated by payment of 50% of the remaining balance from the point of cancelation.

If for any need, you would want to place your membership on hold; there will be a $15.00 a month charge until returning to full active membership. (This will grandfather your price in our system)

Membership Refund and Credit policy

Refunds are only approved if the member paid and was not able to attend due to medical issue. A doctor's note is required for refunds and credit. (Military only if

deployed or Movement orders with proof)

Miami Lakes:

14660 NW 60TH Ave, Miami Lakes FL,33014

786-558-4163

Pembroke Pines:

12205 Pembroke Rd, Pembroke Pines, FL 33025

954-362-7490

All membership agreements require a Credit Card on file for Automatic Billing. All Cancelation inquires must be sent to info@cautioncrossfit.com. (Membership Cancelations will not be valid if it is not sent Via E-mail)

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