

UNDERGROUND STRENGTH GYM WAIVER & LIABILITY FORMS

Full Name

Email Address

Gender

Street Address

City

Province/Region

Zipcode

Country

Date of Birth

Training Application for The Underground Strength Gym

**** ADULT MUST INITIAL ALL AREAS BELOW ****

Welcome to The Underground Strength Gym! We offer Strength & Conditioning training for all athletes looking to improve all aspects of their sport. The sessions we offer are very beneficial and continue to change the lives of our athletes year after year. We specialize in training athletes, but all hard working, dedicated people are welcome here.

Taking the athlete such as yourself to the next level is something we don't take as just business but a personal goal to get you the results you want & need. We want every athlete to leave knowing what they did that day helped them get closer to their goal of being in the best shape to maximize their athleticism and TRUE potential in sport AND life. If at anytime during the training you feel fatigued or any discomfort don't hesitate to tell one of the Coaches that you need a break.

We fully understand the training is intense and can cause fatigue for some during the session. We encourage you to compete at your highest level during the training to maximize the results you want. The training is offered year round for athletes & the smartest athletes / parents understand that training is to be done YEAR round, not just the off season because Champions KNOW, there is NO off season. We thank you as well as commend you for trusting us and we know the training will be a life changing experience for you as it has been for countless others. We will NOT let you down!

Committed To Your Success,
Zach & Team Underground Strength

MEDICAL RELEASE

UNDERGROUND STRENGTH GYM CONSENT FORM AND LIABILITY WAIVER

I the undersigned ("Participant Athlete") represent and warrant that I am eighteen (18) years of age or older. If the Participant Athlete is under 18 years of age or older, I the undersigned represent and warrant that I am the legal guardian of the Participant Athlete and have the authority to execute this athlete consent form and liability waiver on behalf of the Participant Athlete. The Participant Athlete intends to utilize UNDERGROUND STRENGTH GYM's training facilities and participate in the programs offered by THE UNDERGROUND STRENGTH GYM. The undersigned acknowledges that Participant Athlete is aware of the inherent risks involved in such use.

Initial here:

The undersigned agrees and acknowledges that this Athlete Consent Form and Liability Waiver shall constitute a bar to any recovery by Participant Athlete for any loss to Participant Athlete due to such use for personal injury and/or property damage. Participant Athlete waives any and all rights to hold UNDERGROUND STRENGTH GYM liable for personal injury to Participant Athlete and/or property damage to Participant Athlete's property. Participant Athlete agrees to and shall hold UNDERGROUND STRENGTH GYM, its successors, assigns, owners, officers, directors, employees, and agents harmless from all claims which may be brought against it by Participant Athlete or anyone on Participant Athlete's behalf or anyone in their own right, including Participant Athlete's family members, for any such injuries or claims aforesaid. On behalf of Participant Athlete and on behalf of Participant Athlete's family, executors, administrators, and personal representatives, Participant Athlete hereby forever releases and discharges UNDERGROUND STRENGTH GYM, its successors, assigns, owners, officers, directors, employees, and agents from all claims, demands, injuries, damages, actions, losses and expenses.

Initial here:

Participant Athlete hereby agrees that there is an inherent risk of exposure to COVID-19 as it may exist in any public place, where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and possible death. You voluntarily assume all risks related to exposure to COVID-19.

Initial here:

Participant Athlete hereby agrees to bring any and all claims against UNDERGROUND STRENGTH GYM in an arbitration before the American Arbitration Association in the State of New Jersey.

Initial here:

Photo and Video Consent Release

Some of our training sessions are recorded or photographed for our web site.
I do hereby consent that any photographs, video footage, and statements taken during training may be used by Underground Strength Coach, L.L.C. These images / Videos may be used for educational and instructional materials and publication.

Initial here:

☐ I agree to these terms.

List any medications that you are currently taking & reason for medication

Sign your name below:

Please read the [Electronic Records and Signature Disclosure](#)
☐ I agree to use electronic records and signatures