

## LIABILITY FORM

**Full Name**

**Email Address**

**Gender**

**Street Address**

**City**

**Province/Region**

**Zipcode**

**Country**

**Date of Birth**

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LIGHTNING FITNESS LLC

Release of Liability

In consideration of being allowed to participate in any way in the Lightning Fitness programs, related events and activities, open gym, the undersigned acknowledges, appreciates and agrees that:

1. The risk of injury from activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releases or other, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless Lightning Fitness Strength and Conditioning, LLC their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), with respect to all and any injury, disability, death, or loss or damage to person or property, whether arising from the negligence of the releases or otherwise, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

## **GYM RULES (READ CAREFULLY)**

1 EACH MEMBER MUST ENTER THEIR CODE TO COME IN. THIS MEANS DO NOT HOLD THE DOOR OPEN FOR ANYONE, EVEN IF YOU KNOW THEY ARE A MEMBER! ALLOWING A NON-MEMBER IN THE FACILITY OR DISTRIBUTING YOUR DOOR CODE WILL RESULT IN IMMEDIATE MEMBERSHIP TERMINATION

2 GUESTS ARE ALWAYS ALLOWED, BUT YOU MUST COMMUNICATE THAT PRIOR AND ENSURE THEY PAY THE \$20 DROP IN FEE. THERE IS NO FIRST TIME FREE. YOU ARE RESPONSIBLE FOR YOUR GUEST WHILE THEY ARE HERE AND WILL RECEIVE ANY FINES THEY INCUR. FAILURE TO COMMUNICATE OR PAY THE DROP IN FEE WILL RESULT IN IMMEDIATE MEMBERSHIP TERMINATION

3 THERE ARE NO CONTRACTS, YOU CAN CANCEL AT ANY TIME, JUST PLEASE GIVE AT LEAST 7 DAYS NOTICE. THERE ARE NO REFUNDS. PLEASE SEND AN E-MAIL TO LIGHTNINGFITNESS@GMAIL.COM WHEN YOU NEED TO CANCEL, OR CHANGE ANYTHING.

4 PLEASE WEAR DEODORANT! YES I'M AMAZED I HAVE TO SAY THIS TOO. NO ONE WANTS TO SMELL YOUR B/O. SAME GOES FOR TOO MUCH COLOGNE OR PERFUME.

5 PLEASE DO NOT FLUSH ANYTHING BUT THE OBVIOUS, AND TOILET PAPER. ABSOLUTELY NO FEMININE PRODUCTS, OR PAPER TOWELS.

6 BE KIND, AND COURTEOUS TO OTHERS. IF YOU CAN'T ASK NICELY AND SHARE YOU DON'T BELONG HERE. YOU CANNOT TAKE UP EQUIPMENT FOR AS LONG AS YOU WANT WITHOUT LETTING OTHERS WORK IN.

7 ANY KIND OF LEWD CONDUCT WILL NOT BE TOLERATED HERE. MAKING INAPPROPRIATE COMMENTS, STARING, STARTING DRAMA, OR NON-CONSENSUALLY TOUCHING ANOTHER MEMBER, WILL RESULT IN IMMEDIATE AND PERMANENT MEMBERSHIP TERMINATION. THIS IS A GYM, NOT A SOCIAL CLUB.

8 DO NOT GIVE UNSOLICITED ADVICE TO ANYONE! MIND YOUR BUSINESS AND TRAIN. IF YOU ARE NOT SOMEONE'S COACH, DO NOT GIVE ADVICE IF THEY

DON'T ASK YOU.

9 ASK FOR A SPOT. YOUR EGO CAN'T SAVE YOU FROM INJURY, BUT ANOTHER PERSON CAN.

10 NEVER INTERRUPT SOMEONE WHO IS ABOUT TO DO A SET AND CERTAINLY NOT IN THE MIDDLE OF A SET. THIS IS EXTREMELY RUDE - YOU ARE IN THE WRONG GYM IF YOU THINK THAT IS OK TO DO. HEADPHONES MEANS THEY DO NOT WANT TO TALK! ASKING FOR A SPOT IS OK HOWEVER.

11 VIDEOING LIFTS IS WELCOMED (PLEASE TAG US!) - GETTING UPSET AT SOMEONE FOR WALKING THROUGH THE FRAME IS NOT. PLEASE BE CONSIDERATE OF OTHER PEOPLE NOT WANTING TO BE IN YOUR VIDEO AS WELL. IF YOU RECORD SOMEONE WITHOUT THEIR PERMISSION AT THIS GYM FOR ANY REASON YOU WILL BE REMOVED WITHOUT QUESTION!

12 USE EQUIPMENT ONLY AS IT'S INTENDED. IF YOU WANT TO ACT LIKE A FOOL FOR SOCIAL MEDIA GO BACK TO A COMMERCIAL GYM.

13 PARK BETWEEN THE LINES! THERE IS ABSOLUTELY NO TAKING UP TWO SPACES, THIS IS EXTREMELY INCONSIDERATE WHEN THE GYM IS BUSY. IF YOU THINK YOUR CAR IS THAT NICE, PARK ACROSS THE STREET.

**FINES:**

1 PUT ALL EQUIPMENT BACK IN THE CORRECT SPOT (WEIGHTS, BANDS, ETC.). NON-COMPLIANCE = \$50. THIS IS NOT A JOKE, I WILL FINE YOU

2 WIPE YOUR SWEAT. THERE ARE PAPER TOWELS AND SPRAY ALL OVER THE GYM. NO ONE WANTS TO LAY IN YOUR SWEAT. NON-COMPLIANCE = \$50 FINE

3 DO NOT PUT WEIGHTS, OR DRINKS ON BENCHES OR EQUIPMENT. THE ONLY THING THAT SHOULD BE ON EQUIPMENT IS YOURSELF. WEIGHTS CAN RIP LEATHER, AND DRINKS LEAVE MARKS. THE EQUIPMENT IS NOT A TABLE FOR YOUR JUNK. NON-COMPLIANCE = \$50

4 KEEP CHALK ON YOUR HANDS, AND IN THE BOWL - TRUST ME IT WON'T HELP YOU LIFT MORE. CLEAN CHALK OFF BARS WITH THE BAR BRUSHES AROUND THE GYM. IF YOU MAKE A MESS ON THE FLOOR, CLEAN IT. NON-COMPLIANCE = \$50 FINE

5 DO NOT LEAVE TRASH OUT (INCLUDES, BUT NOT LIMITED TO: PAPER TOWELS, WRAPPERS, AND BOTTLES/SHAKERS). NON-COMPLIANCE = \$50 FINE

6 IF YOUR PAYMENT DOES NOT GO THROUGH THERE WILL BE A \$5 CHARGE. WHEN PAYMENTS DO NOT GO THROUGH I STILL GET CHARGED A PROCESSING FEE, SO PLEASE BE ON TOP OF THIS. YOUR PIN CODE WILL ALSO BE SHUT DOWN UNTIL THE ISSUE IS RESOLVED. YOU RECEIVE AN E-MAIL FROM WODIFY WHEN EACH PAYMENT GOES THROUGH, OR DOESN'T

**EQUIPMENT/EXERCISES:**

1 IF YOU PLAN ON USING STONES YOU NEED TO HAVE YOUR OWN TACKY AND CLEANER. PLEASE STAY OUT OF THE BATHROOM UNTIL IT IS TOTALLY OFF YOU, AND REMEMBER TO CHANGE YOUR SHOES BEFORE GOING IN THE BATHROOM! STONES ARE ONLY TO BE USED ON THE PLATFORM WITH CRASH MATS. DROPPING THEM CAN BREAK THE FLOOR!

2 RACK PULLS ARE ALLOWED WIEHT ONLY ONE BAR THAT IS LABELED "RACK PULL BAR". OTHERWISE USE THE BLOCKS AND WAGON WHEELS TO DEADLIFT FROM THE HEIGHT YOU NEED. IF YOU BEND A BAR YOU WILL BUY ME A NEW ONE. THIS ALSO GOES IF YOU DUMP A BAR WHEN SQUATTING AND BEND IT, AGAIN ASK FOR A SPOT!

3 DO NOT DROP WEIGHTS! THE ONLY TIME YOU CAN DROP A BAR IS IF YOU ARE USING BUMPERS, SO CONTROL DEADLIFTS DOWN. IF YOU ARE USING HEAVY DUMBBELLS USE THE CRASH MATS. SAME GOES FOR MACHINES, THERE IS NO NEED TO CRASH WEIGHT STACKS DOWN, THIS PUTS WEAR AND TEAR ON THE EQUIPMENT THAT WILL EVENTUALLY BREAK IT.

4 YOU CANNOT RESERVE EQUIPMENT BY PUTTING YOUR BELONGINGS ON IT, THEN WARMING UP FOR 20 MINUTES. YOU ARE EITHER USING IT OR YOU ARE NOT.

5 DO NOT REMOVE WEIGHTS FROM A RACK OR EQUIPMENT THAT IS BEING USED. WEIGHT PLATES ARE COLOR CODED ON THE RACKS AND BENCHES.

6 DO NOT STAND IN FRONT OF THE DUMBBELL RACK WHEN USING THEM. STAND BEHIND THE ORANGE LINE SO OTHER PEOPLE CAN GET TO THE DUMBBELLS!

**I TAKE THESE RULES VERY SERIOUSLY. YOU WILL BE FINED \$50 FOR BREAKING THEM, OR YOU WILL BE KICKED OUT OF THIS GYM**

I agree to these terms.

**How did you hear about us, and why do you want to train here? \***

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**What will be your normal training times, specific days and times? \***

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**Have you been referred by any past or present members? If so who? \***

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**What kind of training do you do, and do you compete?? (Strongman, Powerlifting, Olympic Lifting, Bodybuilding, general fitness, etc) \***

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**Instagram handle? We don't care what you post, we just like to follow our members**

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**If you are coming here from another gym, what did you not like about it?**

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**Are you interested in having a Trainer here? \***

Yes  No

**How would you like to be contacted if interested in joining? (call, text, e-mail)**

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**Sign your name below:**

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

agree to use electronic records and signatures