

CrossFit Iron Mile

Policies and Liability Release

Name of Parent/Guardian : _____

Child's Name _____

Address: _____ Phone: _____

City: _____ State/Zip: _____

Email Address: _____ Cell: _____ Child's Date of Birth: _____

Gender: _____ Phone: _____ Emergency Contact: _____

CrossFit Iron Mile brings an uplifting and challenging aspect to the fitness community. Power packed strength, agility, and endurance exercise program that provides an exuberating and energetic environment for individuals of all fitness levels to train. Please read the following policies and liability statements.

CrossFit Iron Mile program:

- All forms must be filled out and signed prior to the start of the first session. Please bring all forms with you on the first day.
- Attire: Wear comfortable tennis shoes. No flip flops allowed. Appropriate workout attire is needed. You must bring a water bottle with you to every session in order to maintain hydration. If possible please bring an exercise mat.
- Injury: You are fully responsible for any injury you incur before, during, or after workouts. The trainer will not be held accountable in any manner, legal or otherwise. Any injury incurred before, during, or after workout sessions is solely the responsibility of the client. Focusing during your workout and following directions will help prevent any injury. It's the client's responsibility to communicate any symptoms or discomfort during the session.
- Children/Observers: You are solely responsible for the care and safety of any children or observers accompanying you to any CrossFit Iron Mile facility or workout. CrossFit Iron Mile does not provide childcare or child services. Minor children not participating in CrossFit Iron Mile programming and workouts are not allowed in the workout areas immediately before, during or immediately after workouts.
- No verbal agreement can alter or change the conditions of this agreement in any part.

PARENTAL CONSENT AND RELEASE

The undersigned parent/nature/legal guardian of _____ ("Participant") hereby executes the foregoing Waiver and Release on behalf of the minor named herein. I hereby bind myself; the minor named herein, his/her executor, administrators, heirs, successors, assigns, and next of kin, to the terms of this Waiver and Release. I represent that I have the legal capacity and authority to act for, or on behalf of, the minor named herein. I agree to indemnify and hold harmless the persons and entities named herein from any claims and liabilities, which may be assessed against them as a result of, or arising out of my legal capacity or my authority to act for and on behalf of the minor named herein in the execution of the Waiver and Release or my execution of the Waiver and Release.

Signature Parent or Guardian

Date