**Waiver/Release Form**

**Participants name**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Age\_\_\_\_\_\_\_\_\_\_\_** **Date of Birth**\_\_\_\_\_\_\_\_\_\_\_\_\_

**Adress**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_City\_\_\_\_\_\_\_\_\_\_\_\_\_\_State**\_\_\_\_\_\_\_\_**Zip**\_\_\_\_\_\_\_\_\_\_\_

**Home phone\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Emergency contact**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are there any medical conditions of which we should be aware of? Check one: Yes\_\_\_ No\_\_\_

If yes, explain

**Liability Release and Indemnification**:

1. **Acknowledgement and Assumption of Risk**. I understand that the activity involves risks of serious bodily injury, which may be caused by my actions or inactions, those of others participating in the activity, the conditions in which either not known to me or not readily foreseeable at this time. I fully accept and assume all such risks and all responsibility for losses, and damages that may result from the activity. I hereby give my approval of and consent to participate in the activity. I assume all risks and hazards incidental to the activity.

2. **Representation of Ability to Participate**. I understand the nature of the activity and I represent that I am qualified, in good health, and in proper physical condition to participate in the activity. Should I ever believe that any of the above representations have become untrue, or if I should ever believe that the activity is no longer safe for me, then it will be my responsibility immediately to discontinue the participation in the activity.

3.  **Release**. I hereby release, acquit, covenant not to sue, and forever discharge **CrossFit XR** or persons providing lessons within which the activity is conducted, from any and all actions, causes of action, claims, demands, liability, losses or damages of whatever name or nature, including but not limited to those arising from or in any way related to the negligence of any of the Release Parties, that arise out of or are connected in any way to the said person’s participation in the activity.

4. **Indemnification.** I will defend, indemnify and hold harmless the Release Parties from (that is, to reimburse and be responsible for) any loss or damage, including but not limited to costs and reasonable attorney’s fees (including the cost of any claim I might make or that might be made on my behalf or the Participant’s behalf that is released in this document), arising out of or connected in any way with any of the Released Claims.

5. **MODEL RELEASE OPTION** Client agrees to, and understands the following: client hereby gives to Crossfit XR the right and permission to copyright and use, photographic portraits or pictures of any photos taken in regards to Crossfit XR. user who may be included intact or in part, made through any and all media now or hereafter known for illustration, art, promotion, advertising, trade, or any other purpose. In addition I, hereby release, discharge and agree to save harmless Crossfit XR, from any liability, that may occur from said pictures or in any subsequent processing thereof, as well as any publication thereof, including without limitation any claims for libel or invasion of privacy.

**I HAVE READ AND UNDERSTOOD THIS ACKNOWLEDGMENT AND ASSUMPTION OF RISKS, REPRESENTATION OF ABILITY TO PARTICIPATE, RELEASE, AND INDEMNIFICATION. I UNDERSTAND THAT BY SIGNING THIS DOCUMENT, I AM GIVING UP SUBSTANTIAL RIGHTS. I AM EXECUTING THIS DOCUMENT VOLUNTARILY AND WITH FULL KNOWLEDGE OF ITS SIGNIFICANCE.**

**Signature of Participant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**