

**Personal and Group Training
Waiver of Liability/Consent Form, Rules Agreement**

Participant's Last, First Name: _____
Date of Birth: ____/____/____

STATEMENT OF CONSENT:

I/We, the undersigned, hereby certify that I am the participant named on this form. I hereby give permission for the personal trainer to seek from a qualified source appropriate medical and or emergency attention for the participant, for the attention to be given to the participant, and for the participant to receive the medical attention and treatment including that which is not covered by the Trainer's medical coverage policy.

I/We the undersigned, understand that the forms of personal training provided is an active, physical activity and that injuries can occur. I assume all known and unknown risk of injury to myself. I also understand that there will be other participants other than training staff at the program. I hereby acknowledge that I am physically fit and mentally capable of participating in all training activities.

I/We hereby acknowledge and understand the training program is a privately run sports program and is not operated by or through the organization owning the facility where the program is located. The program is neither sponsored, controlled, nor supervised by such organization, but rather is under the sole sponsorship, control, and supervision of the personal trainers.

I/We waive, release, and discharge the personal trainer and the staffs, officers, agents, employees, representatives, successors, and assigns for any and all liability claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, personal injury or property damage that may be sustained or occur during the participation in the training activities undertaken.

RULES AGREEMENT:

By signing below you and acknowledge, understand, and agree to abide by the rules of the Training Program. Violating these rules may result in immediate dismissal from the Program without a refund.

1. Dangerous objects, weapons, drugs, tobacco, or alcohol are not permitted.
2. Participants shall only be present in locations designated as training facilities. If training is designated to occur in a public location, participants shall adhere to the rules and regulations of the public facility and also agree to stay with the training group during the director of the group exercise session.
3. "Bullying", intimidation, or abusive behavior toward any person is not permitted.
4. Visitors or friends of participants are not permitted on the training areas except with special permission from the director.
5. No participants shall destroy property or engage in reckless behavior.
6. Participants shall follow the directions of trainer and staff at all times.

My/our signature(s) indicate(s) that I/we have provided true information on the registration form, medical information, and have read and understand all waivers and consent forms as well as statements on this form.

Participant Signature

Date

Guardian Signature (If participant is under the age of 18 yrs.)

Date