

BIRDTOWN CROSSFIT ATHLETE WAIVER



ATHLETE INFORMATION

Full Legal Name

Address

City

State

Zip Code

Mobile Phone

Text OK?

Other Phone

Email Address

Date of Birth Gender: Female Male

EMERGENCY CONTACT INFORMATION

Name

Telephone Number

Relationship to You

Tell us about you! (exercise, medical issues, etc.)

How did you find out about us, or who referred you to us?

PHOTO RELEASE

Athlete may be photographed or videotaped during training. Athlete hereby consents to the use of such photos or videos without notice or compensation, on the BTCF website or in any editorial, promotional, or advertising material published by, for, or about BTCF.

Initials: _____

ATHLETE WAIVER

In consideration of my use of the facilities, equipment, and instruction provided by Birdtown Fitness LLC (dba Birdtown CrossFit); I hereby agree as follows:

ASSUMPTION OF RISK

I understand that although the facilities, equipment, and instruction are intended to provide a safe and beneficial exercise experience, there are inherent risks involved in strenuous physical activity and use of the facilities, equipment, and instruction. These risks may result in serious injuries to me including, but not limited to, death, serious neck or spinal injury, heart attack, muscle strains, pulls or tears, broken bones, or joint injuries which may occur during or after my activity. My injuries may also include, but are not limited to, economic, emotional, property, mental, or other types of damages. I understand that only I can know my physical and mental limits and whether or how to safely expand beyond them. I understand that I have the right, at all times, to halt strenuous physical activity, reconsider its appropriateness for me, and make my own decision whether to continue. I understand that injuries may be caused, in whole or in part, by the negligence of Birdtown CrossFit, its owners, managers, employees, and agents, other Athletes, or guests.

I understand the risks and voluntarily assume them. _____
initials

RELEASE OF LIABILITY, INDEMNIFICATION, AND COVENANT NOT TO SUE

On behalf of myself, my heirs, executors, administrators, and assigns, I hereby release and forever discharge, indemnify, and hold harmless Birdtown Fitness, LLC (dba Birdtown CrossFit), its owners, managers, employees, and agents from any and all claims, demands, and causes of action arising from my use of the facilities, equipment, and instruction. This is intended to be both a Release of Liability and a Covenant Not To Sue.

I understand I am waiving substantial legal rights. _____
initials

EXECUTION OF WAIVER

I have read and understand this Waiver, including its Assumption of Risk and Release of Liability, Indemnification, and Covenant Not To Sue provisions, and that will give up substantial legal rights by signing it, and I do so knowingly, freely, and voluntarily on the date below.

Signature

Date

FOR OFFICE USE ONLY: