**[INSERT CLUB NAME]**

**Remote or Unsupervised Physical Exercise**

**Waiver of Liability, Release and Indemnity Agreement**

**“You and Your” refers to [check the appropriate selection]:**

**\_\_\_ participant (if participant is 18 or older) \_\_\_ Participant Parent/Guardian (if participant is a minor)**

\_\_\_\_\_\_\_\_\_ You acknowledge physical exercise can be strenuous and subject to risk of serious injury. [INSERT CLUB NAME] urges participants to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You agree that if you, or your child, engage in any physical exercise or activity provided or arranged by [INSERT CLUB NAME], with or without remote supervision, you do so entirely at your own risk, or risk to your child.

\_\_\_\_\_\_\_\_\_ You agree that you, or your child, are voluntarily participating in these activities.

\_\_\_\_\_\_\_\_\_ You acknowledge and agree that neither [INSERT CLUB NAME] nor you will be **liable** to the other for any special, indirect, incidental or consequential damages arising out of this Agreement. Except as otherwise specifically set forth herein, [INSERT CLUB NAME]’s total **liability** to you under or in connection to this Agreement shall not exceed the amounts paid or payable to [INSERT CLUB NAME] according to this agreement; Any action against [INSERT CLUB NAME] arising out of, resulting from, or related to the performance or breach of this Agreement shall be filed not later than three (3) months after the cause of action has accrued.

\_\_\_\_\_\_\_\_\_ You agree that should any part of this agreement be found by a court of law to be against public policy or in violation of any state statute or case precedence, then the remainder of this document will remain in full force

\_\_\_\_\_\_\_\_\_ By signing below, you understand and agree to the terms stated above. You understand the risks associated with Remote or Unsupervised Physical Exercise, which include, but are not limited to, muscle or ligament strains; muscle or ligament tears; broken, fractured, or dislocated bones; sprains (partial or complete); head, face, eye, mouth, neck, back or spine injuries; cardiac arrest and other heart related issues; concussions; stroke; seizures; shock; breathing emergencies (asthma or choking); respiratory distress and arrest; lacerations; internal bleeding or bruising; sudden illness (acute or chronic); and other injuries consistent with Remote or Unsupervised physical exercise. **IN ADDITION, BY SIGNING BELOW, YOU RELEASE [INSERT CLUB NAME] FROM ANY AND ALL LIABILITY FOR ANY INJURY OR DAMAGE THAT MAY ARISE FROM, BUT NOT LIMITED TO, YOUR PARTICIPATION IN (A) ANY ACTIVITY, CLASS, PROGRAM, PERSONAL TRAINING OR INSTRUCTION, (B) THE SUDDEN AND UNFORESEEN INJURIES ARISING OUT OF YOUR IMMEDIATE SURROUNDINGS, (C) OUR INSTRUCTION, TRAINING, OR SUPERVISION. THE FOREGOING UNDERSTOOD, YOU, YOUR HEIRS, ASSIGNS, AND YOUR PERSONAL REPRESENTATIVE HEREBY RELEASE AND WAIVE ANY AND ALL CLAIMS AGAINST [INSERT CLUB NAME], ITS OWNERS, OFFICERS AND EMPLOYEES, CONTRACTORS, AND ANY OTHER PARTIES CONNECTED TO THE SERVICES IN ANY WAY (“RELEASEES”) SINGULARLY OR COLLECTIVELY, AND FURTHER HOLD HARMLESS AND INDEMNIFY SUCH RELEASEES FROM AND AGAINST ANY LIABILITY, CLAIMS OF NEGLIGENCE, MISADVENTURE, HARM, LOSS, INCONVENIENCE OR DAMAGE HEREBY SUFFERED OR SUSTAINED AS A RESULT OF YOUR PARTICIPATION IN THE SERVICES, OR ANY OTHER SERVICES OR ACTIVITIES OFFERED BY RELEASEES. THE FOREGOING NOTWITHSTANDING, THIS IS NOT A RELEASE AND WAIVER OF INTENTIONAL OR RECKLESS ACTS OF RELEASEES. SUCH RELEASE, WAIVER, HOLD HARMLESS AND INDEMNITY SHALL APPLY TO YOUR OWN CLAIMS AND/OR CLAIMS OF THIRD PARTIES, RELATING TO MY PARTICIPATION IN THE SERVICES.**

**YOU HAVE READ AND UNDERSTAND THIS AGREEMENT. YOU HAVE HAD THE OPPORTUNITY TO BARGAIN WITH** [INSERT CLUB NAME] **WITH ADEQUATE INSURANCE OR AN ADEQUATE CASH DEPOSIT TO NOT HAVE TO AGREE TO THE WAIVERS OR RELEASES OF LIABILITY OR INDEMNIFICATION PROVISIONS SET FORTH HEREIN. YOU UNDERSTAND THAT YOU HAVE WAIVED AND SURRENDERED VALUABLE LEGAL RIGHTS. YOU HAVE SIGNED THIS WAIVER VOLUNTARILY; AFTER DUE NEGOTIATIONS, IN EXCHANGE FOR THE CONSIDERATION DESCRIBED ABOVE.**

This Agreement and its terms bond a relationship between [INSERT CLUB NAME]and yourself. Each time you participate in these activities, you affirm the terms of this Agreement and agree to indemnify and hold [INSERT CLUB NAME] and its employees harmless from all liability and claims, as stated above.

The Services are provided under this Agreement by [INSERT CLUB NAME]

Participant or Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant or Parent/Guardian Name (print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant or Parent/Guardian Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_