



I, _____ declare that I intend to use some or all of the activities, facilities, programs and services (herein after called “Activities”) offered by Red Wolf CrossFit. I understand that different people have different capacities for participating in the various activities and for my choices to use or apply at my own risk, any portion of the instruction or guidance that I receive while participating in these activities or events.

Assumption of Risk: I am aware that the risk involved in undertaking any of the activities is related to my own state of fitness or health, and the awareness, care and skill with which I conduct myself in any of the activities of Red Wolf CrossFit. I also understand that I am free to withdraw from, reduce or modify my involvement in any of the activities and I realize that I should do so on recognition of any signs of physical discomfort. Furthermore, I understand there are inherent risks in all aspects of physical training and I acknowledge that I have been informed of the possible strenuous nature of CrossFit training and the potential for undesirable physiological results including, but not limited to, discomfort or injury; discomfort or physical problems associated with physical activity, and many other forms of physical discomfort, abnormal blood pressure, muscle soreness and fainting. I also acknowledge that I have been specifically warned about the medical condition “Rhabdomyolysis” and accordingly I have been advised to limit my effort in order to minimize the risks associated with this condition. I acknowledge that I have informed the staff of any existing injuries and/or medical conditions.

Lease of Liability: In consideration of the above mentioned risks and hazards and in consideration of the fact that I am willingly and voluntarily participating in the activities at Red Wolf CrossFit, I, the undersigned hereby release Red Wolf CrossFit from any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my participation in this activity, including those allegedly attributed to the negligent acts or omissions of the above mentioned parties. If any portion of this agreement is held invalid, I agree that the remainder of the

agreement shall remain in full legal force and effect. If I am signing on behalf of a minor child, I also give full permission for any person connected with Red Wolf CrossFit to administer first aid deemed necessary, and in case of serious illness or injury, I give permission to call for medical and or surgical care for the child to transport the child to a medical facility deemed necessary for the well being of the child.

Indemnification: The participant recognizes that there is a risk involved in the types of activities offered by Red Wolf CrossFit. Therefore the participant accepts financial responsibility for any injury that the participant may cause either to him/herself or to any other participant due to his/her negligence. Should the above-mentioned parties, or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless Red Wolf CrossFit, their trainers, contractors, agents, employees, and volunteers from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in activities offered by Red Wolf CrossFit.

Video/Photography Release: I hereby grant Red Wolf CrossFit the irrevocable right and permission to use photographs and/or video recordings of me at Red Wolf CrossFit and other websites and in publications, promotional flyers, educational materials, social media, derivative works, or for any other similar purpose without compensation to me. I understand and agree that such photographs and/or video recordings of me may be placed on the Internet. I also understand and agree that I may be identified by name and/or title in printed, Internet or broadcast information that might accompany the photographs and/or video recordings of me. I waive the right to approve the final product. I agree that all such portraits, pictures, photographs, video and audio recordings, and any reproductions thereof, and all plates, negatives, recording tape and digital files are and shall remain the property of Red Wolf CrossFit. I hereby release, acquit and forever discharge Red Wolf CrossFit, its current and former trainers, contractors, agents, officers and employees of the above-named entities from any and all claims, demands, rights, promises, damages and liabilities arising out of or in connection with the use or distribution of said photographs and/or video recordings, including but not limited to any claims for invasion of privacy, appropriation of likeness or defamation.

I hereby warrant that I am eighteen (18) years old or more and competent to contract in my own name or, if I am less than eighteen years old, that my parent or guardian has signed this release form below. This release is binding on me and my heirs, assigns and personal representatives.

I have read the above statements and I consent to taking all of the above noted risks by VOLUNTARILY PARTICIPATING in the activities of Red Wolf CrossFit. By signing this document I will waive all legal rights, including the right to sue. I declare that I have read, understand and agree to the contents of the INFORMED CONSENT AGREEMENT in its entirety.

Print Name

Date

Signature

Emergency Contact Name

Phone Number