

RELEASE OF LIABILITY / LIABILITY WAIVER FORM

By signing below, I, _____, acknowledge
PRINT NAME CLEARLY

That all activities sponsored or conducted by **Forged In Fitness/ Fantom Performance** and their affiliates are likely to be extremely hazardous and may result in accident, loss, damage, or injury ranging from broken bones to paralysis or death. Such events may result from any activity whether difficult or not, or could result from defective equipment.

With full knowledge of these dangers, and intending to be legally bound, I hereby agree for myself and on behalf of all of my family and heirs to **RELEASE Forged In Fitness/ Fantom Performance** and their affiliates and any of its representatives, agents, directors, officers, members, fellow athletes and owners of any equipment or property upon which the equipment is located, including but not limited to San Clemente Self Defense and the city of San Clemente, from any and all liability claims, demands or any causes of action, and **NOT TO SUE OR OTHERWISE** make any claims against Forged In Fitness or its affiliates whatsoever which may arise during my participation in any activities associated with Forged In Fitness.

I intend this **RELEASE OF LIABILITY** to be effective whether or not any loss, damage, injury or death **RESULTS FROM THE NEGLIGENCE** of Forged In Fitness or its affiliates.

I understand that negligence means a failure to do an act in which a reasonably careful person would do, or the doing of an act in which a reasonably careful person would not do, under the same or similar circumstances to protect him or herself, or others from accident, injury, or death. I will follow the advice of and use the services of amateur coaches and trainers at my own risk.

I agree to be solely responsible for my own safety and to take every precaution to provide for my own safety and well-being while participating in activities sponsored or conducted by **Forged In Fitness/ Fantom Performance**, including inspecting all equipment, training conditions and make my own assessment as to whether the conditions and equipment are safe and free from all defects.

My release is given in exchange for the ability to train with Forged In Fitness and their trainers as well as to use their equipment. This **RELEASE AND WAIVER** has no expiration date.

Signature: _____

Date: _____

In an emergency Contact

Name: _____ Phone: _____

Address: _____

IF ANY PARTICIPANT IS UNDER 18, PARENT OR GUARDIAN MUST READ AND SIGN BELOW.

I am the legal guardian of the above minor participant and have read the above application and RELEASE AND WAIVER.

I hereby consent to the terms stated above and RELEASE AND WAIVER on behalf of named minor participant, and give my consent to the participation of the above named minor in all activities of Forged In Fitness/ Fantom Performance the terms stated.

Signature _____ Date _____

Parent or Legal Guardian