



**EVENT WAIVER**

**CURRENT ACTIVITIES/FITNESS BACKGROUND** \_\_\_\_\_

**EMERGENCY CONTACT** \_\_\_\_\_ **PHONE #** \_\_\_\_\_

**HIGH BLOOD PRESSURE**     **LOW BLOOD PRESSURE**     **ASTHMA**     **ALLERGIES** \_\_\_\_\_

**HEART CONDITION** \_\_\_\_\_

**MUSCLE PAIN -** \_\_\_\_\_     **JOINT PAIN -** \_\_\_\_\_

**OTHER MEDICAL CONCERNS OF NOTE:** \_\_\_\_\_

**Privacy Code**

I am aware that CrossFit Kitchener maintains the information above and that staff may have access to the information. CrossFit Kitchener will not share any information with any other party.

**WAIVER OF CLAIMS AND RELEASE OF LIABILITY -- PLEASE READ CAREFULLY**

It is strongly recommended that you consult your physician prior to participating in any fitness training program.

In consideration of the acceptance by sponsors of my participation in the CrossFit Kitchener Training Program, I, the undersigned, intending to be legally bound for myself, my heirs, executors, administrators, and assignees, do hereby waive, release, and forever discharge the sponsors of this program, their agents, representatives, successors, and assignees, from all liabilities, actions, claims, demand, damages, costs, and expenses, which I may now or in the future have against them or any of them arising out of or in any way connected with my participation in the program, including but not limited to all injuries that may be suffered by me. I understand that this waiver includes, but is not limited to any claims that are based on negligence or other action or inaction of the above named parties. In consideration of the acceptance of my entry, the undersigned indemnifies and holds harmless CrossFit Kitchener, its officers, directors, agents, landlords, employees, and volunteers against all liabilities, claims, damages, and expenses of every kind and nature which grow out of or are in any way connected with the conduct or organization of this program.

I understand that strength, flexibility, and aerobic exercise, including the use of equipment, are potentially hazardous activities. I also understand that fitness activities involve a risk of injury and even death, and I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death.

I agree to obey all posted rules and warnings, and to follow any instructions or directions given by CrossFit or it's employees, representatives, instructors or agents.

I agree to release CrossFit, its owners and employees from any claim of liability resulting from administering first aid treatment rendered to me during my participation in CrossFit activities.

I give CrossFit Kitchener authorization to take and post photos (online or at the facility) of myself during the workout sessions, either at the premises of CrossFit Kitchener or while participating at other events as part of the CrossFit Kitchener Team.

**I HAVE READ THIS DOCUMENT AND UNDERSTAND IT.**

Participant Name (please print) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**For Participants Under 18**

Parent or Guardian Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_