



## **Boot Camp Cincinnati Informed Consent & Assumption of Risk**

**(Must be signed prior to Boot Camp Cincinnati sessions or activities)**

I, the undersigned, being aware of my own health and physical condition, and having knowledge that my participation in Boot Camp Cincinnati at Evanston Recreation Center, at 1579 Goodman Avenue, and at Woodlawn Community Center, through the Healthy You Fitness Challenge may cause injury, am voluntarily choosing to participate in the program. There are always certain risks associated with any physical activity. I understand these risks and declare myself physically sound and capable to participate in the program offered through Boot Camp Cincinnati, LLC at 1579 Goodman Avenue, Evanston Recreation Center and Woodlawn Community Center.

Boot Camp Cincinnati, LLC at 1579 Goodman Avenue, Evanston Recreation Center and Woodlawn Community Center is designed to guide me, safely and effectively, through an appropriate individualized fitness/exercise regime.

In making this activity available for your participation, Boot Camp Cincinnati, LLC, Evanston Recreation Center, Woodlawn, Community Center assumes no responsibility for injury. The responsibility is assumed entirely by the participant. Participants should have adequate personal insurance coverage.

### **WAIVER AND INDEMNITY**

In consideration of services or property provided, I, for myself, my heirs, personal representatives and assigns, do hereby release, waive, discharge Denise Bryers, Boot Camp Cincinnati, LLC, Evanston Recreation Center, Mahogany Media, LLC, Woodlawn Community Center and its respective owners, trainers, officers, agents, advisors, employees, affiliates, members, volunteers, staff, heirs, assigns, and representatives, (collectively, the "Releasees") from any and all claims including, not by way of limitation, any claims arising from negligence of Releasees or any of them resulting in personal injury, accidents or illnesses (including death) and/or property loss arising from or relating in any way to participation in the Activity, the use of facilities in connection with the Activity, and/or travel before, during or after the Activity.

I agree to indemnify and hold harmless Releasees from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorneys fees, and to reimburse Releasees for any such expense incurred in connection with or as a result of (1)(a) Participant's participation in the Activity or (b) travel associated with the Activity or (2) arising in connection with or as a result of any attempt by anyone, including, not by way of limitation, Participation or anyone claiming on Participant's behalf, to avoid the terms of this document which I freely sign.

**I have read this document in its entirety, fully understand its terms, and understand that I am giving up substantial rights – including my right to sue. I know, understand and appreciate these and other risks that are inherent in the Activity. I expressly agree and assert that participation in the Activity is voluntary and I knowingly assume all such risks and elect to proceed with the participation despite all the risks. I acknowledge that I am signing this document freely and voluntarily and intend, by my signature, the complete and unconditional release of all liability to the greatest extent allowed by law.**

"Having such knowledge, I do hereby release Denise Bryers, Boot Camp Cincinnati, LLC, Mahogany Media, LLC, Evanston Recreation Center, Woodlawn Community Center and its respective owners, trainers, officers, agents, advisors, employees, affiliates, members, volunteers, staff, heirs, assigns, and representatives, (collectively, the "Releasees") of all liability related to injuries or accidents to myself which may occur as a result of participation in Boot Camp Cincinnati at Evanston Recreation Center. I hereby assume all risks connected therewith and consent to participate in Boot Camp Cincinnati at Evanston Recreation Center."

Client's Signature: \_\_\_\_\_ Date \_\_\_\_\_

Trainer's Signature: \_\_\_\_\_ Date \_\_\_\_\_