

PARTICIPATION WAIVER

I agree to participate in Ranger Team Training programs including the Fitness workouts, Fitness Membership, Team Building or any other program being offered by Ranger Team Training (RTT). The undersigned will do so all the while understanding and acknowledging that Ranger Team Training programs may be dangerous and incur a risk to life and limb. With this understanding, for himself, his heirs, and next of kin, the undersigned:

Understands that the activities of the group fitness class include strength training, running, agility drills, jumping, intense cardiovascular activities and flexibility training. I understand that incorrect performance of exercises can lead to injury, and I commit to ask for assistance for any exercise I am unsure of how to perform safely. Acknowledgment is hereby made that the activities of the training may require me to spend time outside in the heat and cold. I further acknowledge that there are risks involved in participating in the training. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, my physical condition, equipment, actions of other people including, but not limited to, participants, volunteers, poor nutrition and lack of hydration. I hereby release and discharge for all time Ranger Team Training, their affiliates, subsidiaries, agents, venues, employees, instructors, officers, and directors, from all liability to the undersigned or anyone representing the undersigned for any loss or damages, on account of illness, injury or damage or losses sustained by the undersigned, including his death, as a result from participating in the above named activity and or instruction, whether caused by the negligence of Ranger Team Training and whether on or off the activity premises, while the undersigned is participating in any activity and or training session.

Hereby assumes full responsibility for and risk of bodily injury, death, or property damage while participating in the course and or instruction provided by Ranger Team Training.

Hereby waives any claims and does covenant not to sue Ranger Team Training, for any claim which he may now have or may acquire against said entities or against any of their agents, venues, representatives, or employees by reason of any illness, injury or damages or loss sustained by him, including his or her death, as a result of participating in any activity and or instruction whether on or off activity premises, regardless of the cause thereof.

Hereby agrees that this release and hold harmless agreement titled as Participation Waiver is intended to be as broad and inclusive as permitted by the law of the locality, state or country in which any of its activities are located, and if any portion of it is determined by a court of law to be invalid, the balance shall continue in full force and effect.

Hereby agrees that my name can be included on the Ranger Team Training email list and that Ranger Team Training may communicate notices or other information to me via email. I also consent to Ranger Team Training using photographs containing my likeness on the Ranger Team Training website, social media accounts, or in other promotional or advertising materials, without compensation to me.

I hereby represent that I am in good health and have disclosed all prior existing medical and physical conditions that would affect my ability to participate in the activities of instruction listed above.

The undersigned represents that he has read, understands, and is voluntarily signing this release and hold harmless agreement, and further represents that no verbal statements have been made to the undersigned to induce him to sign this agreement.

READINESS FOR TRAINING:

*****Please specifically tell us about these when you give us the form.*****

Past Injuries: Please list any past injuries, areas of tightness or chronic pain and any specific sensitivities to any exercises. (i.e. low back pain, my knees hurt when I squat, my shoulders are always sore, etc.)

Current Fitness Level: Please indicate your current fitness and activity level and how much exercise you've done recently. (i.e. couch/desk potato, walk regularly, active job, workout regularly, athlete, etc.)

Current Nutrition & Hydration: Adequate nutrition and hydration is critical to maintaining energy level during your workout and avoiding fatigue, lightheadedness and fainting. Likewise, overeating prior to a workout can cause upset stomach and vomiting with intense exercise. I commit to notify my trainer if I am unsure about whether I have eaten enough prior to working out or if I have eaten a large meal in the past 2 hours.

Initials: _____

Current Training Knowledge: By participating in this training I commit to ask for instruction on any exercise I am not familiar with. I acknowledge that this is important to avoid injury. (You can't make progress if you're hurt!) I will notify my trainer if I do not know how to do something.

Initials: _____

Note: Start Slowly. Team training can be intense, especially if you push yourself. Be sure to take it easy off the start and work your way up to more intense exercise. This is especially important if you used to be sedentary. I commit to work at a pace that is safe for me and within my current limits and notifying my trainer if I feel unwell.

Initials: _____

Photo & Video Waiver (Required):

By attending this class, I _____ give Joel Trumbo, Ranger Team Training, and any partners permission to post photos and videos containing my image on their website, Facebook, Instagram, Twitter, YouTube, other social media and in print and video for promotional and marketing purposes.

Signature of participant: _____

Date: _____