

# Acknowledgement of Risk and Hold Harmless Agreement

## **Please read carefully before starting a program with #strong LLC!**

I hereby acknowledge that I have voluntarily chosen to use the facilities and participate in the training and activities in association with #strong LLC. The training and activities include but are not limited to personal training, weight training, sprinting, cardiovascular training, speed and agility training, and other extracurricular activities. I acknowledge #strong LLC has recommended in writing that I get a full medical physical evaluation from a medical doctor before I begin participating in the training and activities associated with #strong LLC.

I understand the risks involved in the training and activities. I also understand that Laura Hughes is instructing me based on her personal expertise and experience in speed, agility, weight loss, nutritional advice and weight training. I also recognize that Laura strongly recommends that I should consult a physician prior to engaging in strenuous training sessions. I recognize that my participation in the training and activities conducted by #strong Personal Training involve risk of injury and I agree to accept any and all risks associated with it, including but not limited to property damage or loss, minor bodily injury, serious bodily injury, or death. I further recognize that my participation in the activities may lead to minor or serious bodily injury to the head, neck, and back; injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the musculoskeletal system; injury to internal organs; injury or impairment to other aspects of the body, general health, and well-being. I understand the danger and risk of participating in training and activities may not only result in bodily injury, but also impairment in future abilities to earn a living; to engage in other business, social, and other recreational activities; and generally enjoy life. I also understand that participation in the training and other activities involves risks incidental thereto, including but not limited to travel to and from competitions, practices, classes, limited availability of immediate medical assistance; and possible neglect or reckless conduct of other participants. I am voluntarily participating in activities and training with the knowledge of the risks involved and hereby agree to accept and all inherent risks of property damage, bodily injury, or death.

In consideration of my participation in the training and activities, and to the fullest extent permitted by law, I agree to indemnify, defend, and hold harmless #strong LLC, it's owner, trainers, agents, volunteers, and assigns from and against all claims arising out of or resulting from my participation in the training and activities. Claim as used in this agreement means any financial loss, claim, suit, action, damage, or expense, including but not limited to attorney's fees, attributable to bodily injury, sickness, disease, or death, or injury to or destruction of tangible property include loss of use resulting therefrom. In addition, I hereby voluntarily hold harmless, #strong LLC, it's owner, trainers, agents, volunteers, and assigns from any and all claims, both present and future, that may be made by me, my family, estate, heirs, or assigns.

I hereby expressly agree to indemnify, defend and hold harmless #strong LLC, it's owner, trainers, agents, volunteers, and assigns from any claim arising out of or incident to my participation in the training and activities, unless claim is caused by the direct and sole negligence or willful misconduct of #strong LLC.

I understand that #strong LLC does not provide and medical insurance, dental insurance, or life insurance to cover bodily injury, illness or death, nor insurance for the personal property damage or

loss, nor insurance for the liability arising out of my negligent acts or omissions; and I acknowledge that I am completely responsible for my own insurance to cover these expenses.

I further understand that this acknowledgement of risk and hold harmless is intended to be as broad and inclusive as permitted but the laws and the state of Texas and that if any portion hereof is held invalid, I agree that the balance shall, notwithstanding, continue in full legal force and effect.

I agree that this acknowledgement of risk and hold harmless is effective for as long as I participate in the activities associated with #strong LLC.

If the participant is under the age of 18, an acknowledgement of risk and hold harmless must be signed by a parent or guardian and delivered to #strong LLC.

I have read and understand the acknowledgement of risk and hold harmless agreement to #strong LLC.

Name \_\_\_\_\_ Guardian's Name \_\_\_\_\_

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

**Medical Emergency Information**

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Relation \_\_\_\_\_

Emergency Contact Phone \_\_\_\_\_

**Consent to Treat**

In the event that my child is injured during participation of a training activity, and I am unable to be contacted, I give full permission to Laura Hughes on behalf of #strong LLC to seek medical treatment for my child. I acknowledge that there is a risk of injury while participating in the training activities.

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