

Release of Liability

In exchange for participation in the activity of Strength & Conditioning organized by LB4LB Fitness Elk Grove, of 9024 Franklin Blvd, Suite 120, Elk Grove, California, 95758 and/or use of the property, facilities, and services of LB4LB Fitness Elk Grove, I agree for myself and for the member of my family receiving training, to the following:

1. Agreement To Follow Directions. I agree to follow any oral instructions or directions given by the trainers of LB4LB Fitness Elk Grove.

2. Assumption of the Risks and Release. I recognize that there are certain inherent risks associated with the above-described activity and I assume full responsibility for injury to the minor receiving training, and further release and discharge LB4LB Fitness Elk Grove for injury, loss, or damage arising out my family member's use of the facilities of LB4LB Fitness Elk Grove.

3. Consent. I, (name of parent or legal guardian) _____, consent to the participation of, (minor's name) _____, in the activity of Strength & Conditioning, and agree on behalf of the above minor to all of the terms and conditions of this agreement.

4. Medical Authorization. In the event of an injury to the above minor during the above-described activities, I give my permission to the trainers of LB4LB Fitness Elk Grove to arrange for any necessary medical treatment for which I shall be financially responsible. This temporary authority will begin on February 25, 2025 and will remain in effect until the above-described activities are completed.

5. Emergency Contact. In case of an emergency, please call _____
(Relationship: _____) at (phone number) _____.

I HAVE READ THIS DOCUMENT AND UNDERSTAND IT.

Printed Name of Parent/Legal Guardian: _____

Signature of Parent/Legal Guardian: _____

Date: _____