



Participant Release of Liability

DO not participate in Workouts after consuming two or more servings of alcohol 24 hours prior to workout.

In consideration of being allowed to participate in any way in the program, related events and activities, I the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis, Rhabdomyolysis (a.k.a. Rhabdo) and death, and while rules, equipment and personal discipline may reduce this risk, the risk of serious injury does exist.
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately and,
4. I, for myself and or behalf of my heirs, assigns, personal representatives and next of kin; HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS Mad Mare CrossFit, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event (RELEASEES), WITH RESPECT TO ANYAND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

Photo/Video Release

By signing this agreement, you are granting Mad Mare CrossFit the right to use your pictures (still or moving), film, voice recordings, statements and comments, in part or in whole, in any media, to promote the facility, products or services offered by Mad Mare CrossFit; past, present, future.

Rules & Requirements

1. Athletes must reserve classes online before attending.
2. Athletes will always follow the coaches instructions and guidance.
3. Athletes will return equipment to designated area after class, and will not drop kettlebells or empty bars.
4. Shoes and shirt are always required.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITH OUT ANY INDUCEMENT.

Athlete Signature/Date _____ **Printed Name** _____

Cellular Phone _____ **Email Address** _____

Emergency Contact _____ **Emergency Cellular** _____

DROP IN ATHLETES SHOULD PRINT AND BRING THE COMPLETED FORM WITH THEM TO CLASS.