



**BRICK BY BRICK BOOT CAMP LLC
PARTICIPANT WAIVER AND RELEASE OF LIABILITY**

Participant Name: _____

Date of Birth: _____

Phone: _____

Email: _____

This Waiver and Release of Liability is entered into between **Brick By Brick Boot Camp** (hereafter referred to as “Trainer”) and the undersigned participant (“Participant”).

1. Acknowledgment of Risks

I understand that participation in fitness training, boot camp exercises, strength training, cardiovascular conditioning, and all other related physical activities involves inherent risks, including but not limited to:

- Muscle strains or sprains
- Heart-related incidents
- Broken bones
- Injuries from equipment use
- Accidents due to environmental conditions

I voluntarily choose to participate and acknowledge these risks.

2. Medical Clearance

I affirm that I am in good physical condition and do not suffer from any condition or impairment that would prevent or limit my participation in physical exercise. I have either

obtained clearance from my physician or voluntarily choose to proceed without such clearance.

3. Release of Liability

In consideration of being allowed to participate in activities with Brick By Brick Boot Camp, I hereby release, discharge, and hold harmless the Trainer, its owners, employees, contractors, and agents from any and all liability, claims, demands, actions, or causes of action arising from any injury, death, or damages sustained by me during or resulting from my participation.

4. Indemnification

I agree to indemnify and hold harmless the Trainer from any loss, liability, damage, or costs, including court costs and attorneys' fees, that may result from my participation in any activity with Brick By Brick Boot Camp.

5. Photography/Video Release (Optional)

I grant permission to Brick By Brick Boot Camp to use photographs and/or video taken during training sessions for promotional and marketing purposes.

Yes No

6. Severability

If any part of this agreement is found to be unenforceable, the remaining terms shall continue in full force and effect.

7. Understanding and Acknowledgment

I acknowledge that I have read this waiver, fully understand its terms, and sign it freely and voluntarily without any inducement.

Signature of Participant: _____ **Date:** _____

If under 18, Signature of Parent/Guardian: _____