

Teach4Endurance LLC. Release of Liability and Assumption of Risk

By participating in any physical training, endurance coaching, consulting, or mental resilience activities provided by Teach4Endurance LLC., you acknowledge and agree to the following:

You understand that participation in any fitness, endurance, or wellness activity involves inherent risks, including but not limited to physical injury, mental stress, illness, or even death. You voluntarily assume full responsibility for any risks, injuries, or damages, known or unknown, which you might incur as a result of your participation in Teach4Endurance LLC. programs, whether online or in person.

Teach4Endurance LLC., its founder Brian Dalton, and any associated personnel are not medical professionals and do not provide medical advice. You affirm that you are physically and mentally capable of participating in the activities, and you have either consulted a physician or voluntarily chosen to participate without such consultation.

By engaging with Teach4Endurance LLC. content or activities, you agree to release, waive, discharge, and hold harmless Teach4Endurance LLC., Brian Dalton, and all associated individuals from any and all liability, claims, demands, actions, or causes of action arising out of or related to any loss, damage, or injury, including death, that may be sustained by you or your property in connection with your participation.

Your continued participation in any Teach4Endurance LLC. programming constitutes your acknowledgment that you have read, understood, and accepted this Release of Liability in full.