

# KYnamics EVENT WAIVER

## Health & Liability Waiver consent terms & conditions agreement

The undersigned individual hereby indicates their desire to participate at an event hosted by KYnamics, (the Company), located at 100 Shearson Crescent, Cambridge, ON N1T 1T2, pursuant to the terms and conditions of this consent form.

**Health Attestation** - The participant attests that they are fully able to participate in an exercise regimen of their design or choosing without undue risk.

**Indemnification and Waiver** - These terms and conditions serve as a liability release, pursuant to which the participant agrees to indemnify and hold the Company harmless against any and all claims of loss or damage without limitation.

I, (the undersigned) recognize that this activity may involve strenuous physical activity. I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation. I acknowledge that my participation is purely voluntary and in no way mandated by KYnamics and/or their associates.

In consideration of my participation on this event, I, hereby release Yovana Russell from KYnamics, the facilities in where the event will take place and its agents, instructors, and associates from any claims, demands, and causes of action as a result of my voluntary participation and enrollment. I fully understand that I may injure myself as a result of participating on this event. I as well release them from any liability now or in the future for conditions that I may obtain. These conditions may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness that I may incur.

**Media Consent** - I understand there will be media collecting which I have the option to participate in. By voluntarily consenting my participation, I understand there will be collection and use of my personal images by photography or video recording by KYnamics for promotions via internet, social media, and advertisements or any other marketing material and future events.

I understand that no personal information, such as names, will be used in any publications unless express consent is given. I also understand that my consent can be withdrawn at any time.

**Binding Law** - This document shall be considered binding upon the participant and the Company and shall be upheld and enforced in accordance with the laws of Ontario, Canada. Any legal proceedings related to this document shall take place in courts located in Ontario, Canada.

### Acceptance

I HEREBY AFFIRM THAT I HAVE READ AND ACCEPT THE ABOVE AGREEMENT.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_