**Waiver of Liability and Hold Harmless Agreement**

1. In consideration for receiving permission to participate in personal/group training exercises, I hereby **release, waive,****discharge and covenant not to sue Ronnie Duckworth Jr. or transferee** (hereinafter referred to as **releasees**) from any andall liability, claims, demands, actions and causes of action whatsoever arising out of or related to any loss, damage, orinjury, including death, that may be sustained by me, or any of the property belonging to me, **whether caused by the negligence of the releasees,** or otherwise, while participating in such activity or, occurring as a result of, or while in, on, or upon the premiseswhere the activity is being conducted.

2. I am fully aware of the risks involved and hazards connected with*)*, including but not limited to personal/group training exercises and I hereby elect to voluntarily participate in said activity with full knowledge thatsaid activity may be hazardous to me and my property. **I voluntarily assume full responsibility for any risks of****loss, property damage or personal injury, including death,** that may be sustained by me, or any loss or damage toproperty owned by me, as a result of being engaged in such an activity, **whether caused by the negligence of****releasees or otherwise.**

3. I further hereby **agree to indemnify and hold harmless** the **releasees** from any loss, liability, damage or costs, including court costs and attorney fees, that they may incur due to my participation in said activity, **whether caused** **by negligence of releasees** or otherwise.

4. I understand that **Ronnie Duckworth Jr**. does not maintain medical insurance for clients. , I am aware that I should review my personal insurance portfolio regarding any circumstance arising from my participation in this event or any activity associated with or facilitating that participation.

5. It is my express intent that this Waiver of Liability and Hold Harmless Agreement shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representative, if I am deceased, and shall be deemed as a **release, waiver, discharge and covenant not to sue** the above-named **releasees.** I hereby further agree that this Waiver of Liability and Hold Harmless Agreement shall be construed in accordance with the laws of the State of Georgia.

6. **In signing this release, I acknowledge and represent that** I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute this release for full, adequate and complete consideration fully intending to be bound by it

Signature Date

Print Name