



## WAIVER OF LIABILITY FOR FACILITY USE

I hereby understand and acknowledge that the training, programs and events held by Lightweight may expose me too many inherent risks, including accidents, injury, illness, or even death. I assume all risk of injuries associated with participation including, but not limited too, slips, trips, falls, contact with other participants, high heat and/or humidity conditions, handling heavy weights and/or resistances, hazards both identifiable and those unknowingly created whether through my own actions or the company surrounding me, and all other such risks being known and appreciated by me.

I hereby acknowledge my responsibility in communicating any physical and psychological concerns that might conflict with participation in activity. I acknowledge that I am physically fit and mentally capable of performing the physical activity I choose to participate in.

After having read this waiver and knowing these facts, and in consideration of acceptance of my participation at Lightweight, I agree, for myself and anyone entitled to act on my behalf, to **HOLD HARMLESS, WAIVE AND RELEASE** Lightweight, its officers, agents, employees, organizers, representatives, and successors from any responsibility, liabilities, demands, or claims of any kind arising out of my participation in the Lightweight facility, my training and/or events.

With my signature provided below, I indicate that I have read and understand this Waiver of Liability. I am aware that this is a waiver and a release of liability and I voluntarily agree to its terms.

Name (Please Print):

Date:

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Participant's Signature: \_\_\_\_\_

(Parent's signature if under 18 years of age)

I represent that I have legal capacity and authorize to act on behalf of the minor named herein.

Parent/Guardian Signature: \_\_\_\_\_