



## 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, including monetary, or, those arising out of my participation in the Lightweight facility, it's Memberships, as well as, my training and/or events.

With my signature provided either on this form, below, or, on accompanied Acceptance of Reading and Understanding The Waiver of Liability For Facility Use, or, by providing my "name" and attestation that I have both read and agree to this Safe Use Waiver and it's Terms provided to me on any check-out protocol provided by Lightweight, ie; Drop-In page and Secure Payment, I indicate that I have read and understand this Waiver of Liability. Failure to comply with these terms can result in loss of facility use benefits, wherein Lightweight reserves the right for non-refund, as well as discontinuation of facility use benefits, either upon immediately, or in due time. I am aware that this is a waiver and a release of liability and I voluntarily agree to its terms.