

# GYM RAT PERFORMANCE TRAINING



## Workout / Open Gym Liability Waiver

**Participant Name:** \_\_\_\_\_

**Parent/Guardian Name (if under 18):** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

### 1. Assumption of Risk

I understand that participation in basketball workouts, open gym sessions, training activities, and related physical exercise involves inherent risks. These risks include, but are not limited to: injury, illness, falls, contact with other participants, and physical exertion.

I voluntarily accept and assume all risks associated with participation.

### 2. Release of Liability

I hereby release, waive, and discharge Gym Rat Performance Training, its directors, coaches (including Coach Andrew Kurzawski and Coach Tom Obiecunas), staff, and any facilities used from any and all liability for injuries, damages, or losses that may occur as a result of participation.

This includes claims arising from negligence, to the fullest extent permitted by law.

### 3. Medical Authorization

In the event of an injury or medical emergency, I authorize Gym Rat staff to seek medical treatment for the participant if I cannot be reached.

I understand that I am responsible for any medical expenses incurred.

### 4. Code of Conduct

Gym Rat runs a structured, positive environment. By signing below:

- Players agree to listen, compete, and be coachable
- Players will respect coaches, teammates, and the facility
- No disruptive behavior will be tolerated

Participants may be removed from a session if expectations are not met.

## 5. Media Release

I grant permission for Gym Rat Performance Training to use photos and videos of the participant for promotional purposes (website, social media, etc.).

## 6. Agreement

I have read and understand this waiver and agree to all terms.

**Participant Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Signature (if under 18):** \_\_\_\_\_ **Date:** \_\_\_\_\_