



**Release Form**

I the undersigned, acknowledge that boot camp is an extreme test of ones mental and physical strength and that it has the potential for injury and death. I the undersigned assume all risk in participating Pinole Valley Boot camp including the inherent danger associated with strenuous exercise. I waive, release, discharge and agree not to sue for any sort of liability, personal injury, death, disability medical issues that may occur or any action related to the above and that I am willingly joining on my own accord.

**Policies/Procedures**

1. Arrive on time
2. Have your equipment with you each time
3. Agree to photos/social media posts
4. There are NO REFUNDS
5. Rain or Shine – we are outside
6. Dog tags for perfect attendance for 2 & 3 times/week boot campers
7. Doctors Note for all missed boot camps due to injuries
8. Payment due prior to start date

**Waiver of Liability**

I have enrolled in a program of strenuous physical activity. I hereby affirm that I am in good physical condition and do not suffer a disability that prevents me from participating. In consideration of my participation in PVBC’s program, I, for myself, my heirs and as signs hereby release PVBC its agent’s officer’s, principal’s employees, and owners from any claims, demands and causes of action arising from my participation. I fully understand that I may injure myself as a result of my participation in PVBC’s exercise program and I, hereby release PVBC from liability now or in the future including, but not limited to, muscle injury, heart issues, soreness, or even death, however caused, occurring during or after my participation in the program

**I ACCEPT AND AGREE TO THE ABOVE TERMS**

Signature\_\_\_\_\_

Name\_\_\_\_\_ Date\_\_\_\_\_

I am signing up for (circle one): 1x 2x 3x per week  
Which days? Mon Thu Sat

My current fitness level: 1 2 3 4 5 6 7 8 9 10

My waist measurement :  
My main fitness goal: