

Up to Speed Fitness Liability Waiver and Release Agreement

Participant Details

- **Name of Participant:** _____
- **Date of Birth:** _____
- **Phone Number:** _____
- **Residential Address:** _____
- **Email Address:** _____

Emergency Contact Information:

- **Name:** _____
 - **Relationship:** _____
 - **Contact Number:** _____
-

Terms and Conditions

This Fitness Liability Waiver and Release Agreement (“Agreement”) is entered into by the Participant and **Up to Speed**. By signing this Agreement, the Participant acknowledges and agrees to the following:

1. Assumption of Risk

The Participant understands that participation in the fitness programs, activities, or events provided by **Up to Speed** involves certain inherent risks, including but not limited to, physical injury, disability, or death. The Participant assumes full responsibility for these risks, whether identified or unforeseen.

2. Waiver and Release of Claims

The Participant, for themselves and on behalf of their heirs, assigns, personal representatives, and next of kin, hereby releases and holds harmless **Up to Speed, Tim Langford**, its officers, agents, employees, and representatives, from any and all liability, claims, demands, or causes of action that may arise from participation in the fitness programs, activities, or events, whether caused by negligence or otherwise.

3. Medical Fitness

The Participant certifies that they are physically fit and have consulted a physician or medical professional regarding their participation in the fitness program. The Participant understands that **Up to Speed** does not provide medical advice and that it is the Participant’s responsibility to monitor their own health and seek medical attention as necessary.

4. **Consent to Medical Treatment**

The Participant authorizes **Up to Speed** and its representatives to provide or facilitate medical treatment in the event of an emergency during the fitness program. The Participant agrees to bear the costs of any such treatment.

5. **Media Release Authorization**

The Participant grants **Up to Speed** permission to use photographs, video recordings, or other media taken during the fitness program for promotional, advertising, or educational purposes without any compensation or further approval.

6. **Binding Effect**

This Agreement shall be binding upon the Participant, their heirs, executors, administrators, and assigns, and shall be governed by the laws of the state in which the fitness program is conducted.

Acknowledgment and Signature

The Participant has read and fully understands this Agreement and agrees to be bound by its terms.

- **Participant Signature:** _____
- **Date:** _____
- **Parent/Guardian Signature (if Participant is a minor):**

- **Date:** _____