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Participant Information:

Name: _____ Date: _____

Address: _____

Cell Phone: _____ Email: _____

DOB: _____ On Facebook? Yes / No On Instagram? Yes / No

How did you hear about us? _____

Please list any injuries/ problems you have here: _____

Your health & fitness goals: _____

Emergency Contact Name & Number: _____

Release of Liability:

Fit 4 U Training LLC, Crofton Bootcamp, Kimberlie Allafi and affiliates [herein referred to collectively as CBC] are not responsible for any injury or loss of property that is suffered: (a) while participating in CBC programs, (b) using equipment, (c) as a result of improper supervision or instruction, (d) occurring on facility premises, and/or (e) for any reasons whatsoever including ordinary negligence on the part of CBC, its employees or agents. By signing below I, _____, indicate that I understand and agree that these and other physical activities involve certain risks including but not limited to: death; serious spinal and neck injuries resulting in complete or partial paralysis; heart attacks; and injury to bones, joints, and/or muscles. I am voluntarily participating (or consenting to a minor's participation) in CBC activities with knowledge of the inherent dangers involved. I hereby release and agree not to sue CBC, its owners, members, officials, subsidiaries, employees, instructors, or agents from any and all present and future claims resulting from acts or omissions on the part of CBC and of the parties referred to herein. I further agree to indemnify and hold harmless CBC and others listed for any and all claims, losses, causes of action, or demands arising as a result of my engaging in CBC activities or any activities incidental thereto.

Participant's Signature

Date