



# Website and Social Media Release Form

I, the undersigned, do hereby grant permission to (Train Smart) TSSD Evolution in Training/Adrian Van der Walt to post my and/or my child's story, photo, or other item, hereinafter referred to as "Materials," I submit to and for The Train Smart Web site, Instagram (@TrainSmartsd), Twitter account (@TrainSmartsd), and Facebook account ([facebook.com/Trainsmartsd](https://facebook.com/Trainsmartsd)).

I hereby release you, your representative, employees, managers, members, officers, parent companies, subsidiaries, and directors, from all claims and demands arising out of or in connection with any use of said "Materials", including, without limitation, all claims for invasion of privacy, infringement of my right of publicity, defamation and any other personal and/or property rights.

I prefer that:

- My complete name be used
- My first name only be used
- No name be used

I acknowledge and agree that no sums whatsoever will be due to me as a result of the use and/or exploitation of the "Materials" or any rights therein.

\_\_\_\_\_  
Parent/Guardian signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name:

\_\_\_\_\_  
Address:

I acknowledge that my child is under 18 years old and lacks the legal capacity to enter into binding agreements. Accordingly, I have read this Release and consent to my child's inclusion in the Materials will not contest the rights granted in this Release, and shall assist and support you in any and all legal proceeding for affirmation of this Agreement, should you choose to have a court of law affirm this Agreement.

\_\_\_\_\_  
Child's Name:

\_\_\_\_\_  
Parent or Legal Guardian Signature

Please make a copy of this form for your own records and email the signed original to:  
email: **Adrian@Trainsmartsd.com**