



WAIVER OF LIABILITY

I, the undersigned participant, am hereby enrolling in a program of strenuous physical activity including, but not limited to, speed training, weight lifting, plyometrics, and the use of various aerobic conditioning and strength training machinery and equipment offered by Utah Speed Academy. I hereby affirm that, to the best of my knowledge, I do not suffer from any condition that would prevent or limit my participation in this fitness program and have not withheld any related information from Utah Speed Academy. In addition, I acknowledge that if my health changes, it is my responsibility to recognize the change and seek medical advice to help me decide if my continued participation in the fitness program or any part of the fitness program is still right for me.

I fully understand that I may injure myself as a result of my participation in Utah Speed Academy program(s) and I hereby release Utah Speed Academy, employees, owners and agents, from any liability now or in the future for any injury. Injuries may include, but are not limited to, heart attacks, death, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries, and any other illness, soreness, or injury, however caused, occurring during, or after, my participation in the fitness program offered.

In consideration of my participation in Utah Speed Academy program(s), I, for myself, my personal representatives, administrators, heirs and assigns, hereby holds harmless Utah Speed Academy, employees, owners and agents, from any claims, demands, and causes of action, to include reasonable legal expenses and attorney's fees arising from my participation in the fitness program.

In consideration of being given the option to use the fitness/exercise facility and/or equipment, for myself and my family, heirs, executors, representatives, administrators, and assigns, I hereby waive, release, and forever discharge the Utah Speed Academy and its respective officers, directors, employees, agents, and affiliated organizations from and against any and all claims, liabilities, and causes of action, whether foreseeable or unforeseeable, which may at any time arise out of or relate in any manner, directly or indirectly, to my use of said fitness/exercise facility and/or equipment or participation in any services or programs related thereto. This waiver and release shall include, but not be limited to a release of all claims, liabilities, and causes of action which may arise at any time in connection with any personal or other injury to myself or others, or death caused by or related to my use of said fitness/exercise facilities and/or equipment or participation in any services or programs related thereto.

My signature hereby affirms that I have fully and completely read, understand, and agree to this waiver and release and all contents thereof.

Print Name of Participant: _____

Participants Age: _____ Best Contact Phone #(s): _____

Participants Signature (if 18 yrs or older): _____

Parent/Guardian's Name (if under 18): _____

Parent/Guardian's Signature (if under 18): _____

EMAIL (important, will send sign up info/details to this address): _____

Address: _____

DATE: _____
