



Waiver and Release of Liability

CrossFit SOBO
12 Southville Road
Southborough, MA 01772

Participant name: _____

Express assumption of risk

I, the undersigned, am aware that there are significant risks involved in all aspects of physical training. These risks include, but are not limited to: falls which can result in serious injury or death, injury or death due to negligence on the part of myself, my training partner, or other people around me, injury or death due to improper use or failure of equipment. I am aware that any of these above mentioned risks may result in serious injury or death to myself and or my partner(s). I willingly assume full responsibility for the risks that I am exposing myself to and accept full responsibility for any injury or death that may result from participation in any activity or class while at CrossFit SOBO.

I, the undersigned acknowledge that I have no physical impairments or illnesses that will endanger myself or others.

Use of pictures film and likeness

I agree to allow CrossFit SOBO, its agents, officers, principals, employees and volunteers to use picture(s), film and/or likeness of me for advertising purposes. In the event I choose not to allow the use of the same for said purpose, I agree that I must inform CrossFit SOBO of this in writing.

Release

In consideration of the above mentioned risks and hazards and in consideration of the fact that I am willingly and voluntarily participating in the activities available at CrossFit SOBO, I, the undersigned hereby release CrossFit SOBO, their principals, agents, employees, and volunteers from any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my participation in this activity, including those allegedly attributed to the negligent acts or omissions of the above mentioned parties.

This agreement shall be binding upon me, my successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, I agree that the remainder of the agreement shall remain in full legal force and effect.



CrossFit SOBO

Participant name: _____

Indemnification

The participant recognizes that there is risk involved in the types of activities offered by CrossFit. Therefore the participant accepts financial responsibility for any injury that the participant may cause either to him/herself or to any other participant due to his/her negligence. Should the above mentioned parties, or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless CrossFit SOBO, their principals, agents, employees, and volunteers from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in activities offered by CrossFit.

I have read and understand the foregoing assumption of risk, and release of liability and I understand that by signing it obligates me to indemnify the parties named for any liability for injury or death of any person and damage to property caused by my negligent or intentional act or omission. I understand that by signing this form I am waiving valuable legal rights.

Participant signature

Participant full name: _____

Date of birth: _____

Participant signature: _____

Date signed: _____

Parent or legal guardian consent

Required for participants under 18. I confirm that I am the parent or legal guardian of the participant named above and have authority to consent to their participation. I have read this document, understand the described risks, and consent to the minor's participation in CrossFit SOBO activities. My signature does not waive any legal rights or claims that cannot lawfully be waived.

Parent or legal guardian full name: _____

Relationship to participant: _____

Parent or legal guardian signature: _____

Date signed: _____ Phone: _____