



Youth Athlete Release of Liability

Participant's Name:	Birthdate:
Parent/Legal Guardian:	Phone Number:
Address:	Email:

Peak Fitness and Performance strongly recommends that you clear your participation in any exercise program with your physician. The protocols of this program will involve you in relatively high-intensity workouts and it is important you understand the following.

I the parent/legal guardian of the above named youth, give consent to said youth to participate in physical training sessions instructed by designated trainers affiliated with Peak Fitness. I am fully aware that these fitness sessions are of nature and kind that are extremely strenuous and will push the participant to the limits of his/her physical abilities. I recognize and understand these training sessions are not without varying degrees of risk, which may include, but are not limited to the following: injury to the musculoskeletal and or cardiorespiratory systems, which can result in serious injury or death, injury or death due to negligence on the part of myself, by training partner, or other people around me, injury or death due to improper use or failure of equipment, or injury or death due to a medical condition, whether known or unknown by me.

I willingly assume full responsibility for any and all risks that the participant is exposed to as a result of the youths participation in this fitness training program and accept full responsibility for any injury or death that may result from participation. I hereby certify that I know of no medical problems that would increase the participants risk of illness and injury as a result of participation in a fitness program designed by Peak Fitness and Performance. I understand that the possibility of adverse physical changes during an exercise program exists. I fully understand that these changes could include abnormal blood pressure, fainting, disorder of heart rhythm, stroke, and in very rare instances, heart attack or even death. I understand that certain prescribed medications may exacerbate these physiological changes and create an even greater risk of physical damage or death. I agree to disclose any and all injuries and pertinent medical conditions to the Peak Fitness staff.

With my full understanding of the above information, I agree to assume any and all risks associated with above mentioned youths participation in the Peak Fitness training program.

Release:

In full consideration of the above mentioned risks and hazards and in full consideration of the fact that I am willingly and voluntarily allowing the youth to participate in the activities made available by Peak Fitness and Performance, and with my full understanding of all of the above, I hereby waive, release, remise and discharge, Landon Leishman, and/or AnJeanette Leishman, Peak Fitness LLC, and employees, assistants, and volunteers, of any and all liability, claims, demands, action or rights of actions, or damages of any kind related to, arising from, or in any way connected with the youths participation in the fitness, strength and conditioning programs.

This agreement shall be binding upon me, my successors, representatives, heirs, executors, assignees, 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. If I am signing on behalf of a minor child, I also give permission to administer the necessary first aid, and in case of serious illness or injury, I give my permission to call for medical and or surgical care for the child and to transport the child to a medical facility deemed necessary for the well-being of the child.

Indemnification: I recognize there is risk involved in the types of activities offered by Peak Fitness and Performance. Therefore, I accept financial responsibility for any injury that I or 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 or costs to enforce this agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless Landon Leishman and/or AnJeanette Leishman, Peak Fitness and Performance LLC, employees, assistants, 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 Peak Fitness.

For promotional purposes, the participant gives Peak Fitness authorization to post on their website (Instagram, Facebook, Twitter, etc.) photos of the member and other forms of media/film production taken from the workout sessions and while at the premises of Peak Fitness.

Initials:

I have fully read and fully 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.

Legal Guardian's Signature: _____ Date: _____