



The Power House at Highland

Side Door CrossFit

617 S. Snelling Ave
St. Paul, MN 55116
651-699-4864

www.thepowerhouseathighland.com

Waiver and Release of Liability

Name:		DOB:	Phone: <input type="checkbox"/> Cell <input type="checkbox"/> Home
Address:		Type of Services:	
City:	State:	Zip Code:	<input type="checkbox"/> Private & Exclusive Coaching
Email:		<input type="checkbox"/> Team Training	
Emergency Contact Name, Phone Number & Email:		<input type="checkbox"/> Group Classes	
Primary Reason for Visiting:		<input type="checkbox"/> "Junk Yard Dogs" Youth Training	
<input type="checkbox"/> Increase strength <input type="checkbox"/> Increase flexibility <input type="checkbox"/> General fitness & wellness		<input type="checkbox"/> Custom Programming	
<input type="checkbox"/> Stress Relief <input type="checkbox"/> Lose weight <input type="checkbox"/> Reach specific athletic goal <input type="checkbox"/> Other: _____		<input type="checkbox"/> Health Coaching	
		<input type="checkbox"/> Corporate Fitness	
		<input type="checkbox"/> Off-site Training	
		<input type="checkbox"/> Other	

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 working with The Power House at Highland and it's affiliates.

I acknowledge that I have no physical impairments that will endanger myself or others. **Initials:** _____
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.

I hereby allow The Power House at Highland and it's affiliates, subsidiaries, employees, officers, agents, and vendors to post pictures and videos of myself and my likeness on www.thepowerhouseathighland.com. I also acknowledge that all photographs and/or videos are the property of The Power House at Highland and it's affiliates and may be used for the purpose of promotions and/or marketing efforts of The Power House at Highland or for any other lawful purpose. I waive any right to inspect or approve the finished product, including written copy, which may be created in connection therewith.

If I am signing on behalf of a minor child, I also give full permission for any person connected with The Power House at Highland to administer first aid deemed necessary, and in case of serious injury or illness, I give 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: The participant recognizes that there is risk involved in the types of activities offered by The Power House at Highland and it's affiliates. 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 cost to enforce this agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless The Power House at Highland 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 The Power House at Highland.

I have read and understood 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 cause by my negligent or intentional act or omission, I understand that by signing this form I am waiving valuable legal rights.

Signature of Participant:

Date:

If the participant is under the age of 18:

Signature of Parent or Guardian:

Date:

(Parent/Guardian) Print Name:

Cancellation Policy: More than 24 hours in advance without penalty. More than 12 hours in advance half charges. Less than 12 hours in advance full charges.