



Body and Soul Boot Camp: The Experience Membership Enrolment Form



Name _____ Phone (Mobile) _____ Date of birth _____

Street address _____ City/Zip/State _____

Email address _____ Home Phone _____

Emergency contact: Name / Relationship _____ Phone _____

Why are you joining and what do you want to achieve? _____

General Comments/Questions? _____

How did you hear about us: _____

Referred By: _____

Waiver, Release, and Assumption of Risk

I have volunteered to participate in a fitness program / fitness assessment provided to me by Body and Soul Boot Camp, which may include, but may not be limited to, strength training, mobility & flexibility training and cardiovascular exercise. In consideration of Body and Soul Boot Camps' agreement to instruct and train me, I do here now and forever release & discharge and hereby hold harmless Body and Soul Boot Camp and their respective agents, heirs, assigns, contractors, and employees from any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation in this or any exercise program including any injuries resulting there from.

THIS WAIVER AND RELEASE OF LIABILITY INCLUDES, WITHOUT LIMITATION, INJURIES WHICH MAY OCCUR AS A RESULT OF (1) EQUIPMENT BELONGING TO TRAINER OR TO MYSELF THAT MAY MALFUNCTION OR BREAK; (2) ANY SLIP, FALL, DROPPING OF EQUIPMENT; (3) AND/OR NEGLIGENT INSTRUCTION OR SUPERVISION.

I have been informed of, understand and am aware that any exercise program, whether or not requiring the use of exercise equipment, is a potentially hazardous activity. I also have been informed of, understand and am aware that any exercise and/or fitness activities involve a risk of injury, as well as abnormal changes in blood pressure, fainting, and a remote risk of heart attack, stroke, other serious disability or death, and that I am voluntarily participating in these activities and using equipment and machinery with full knowledge, understanding and appreciation of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury, regardless of severity, or death.

I have been advised that an examination by a medical doctor should be obtained by anyone prior to commencing a new fitness and/or exercise program, or initiating a substantial change in the amount of regular physical activity performed if there are any health / medical concerns. If I have chosen not to obtain a medical doctor's consent prior to beginning this fitness assessment / program with Body and Soul Boot Camp, I hereby agree that I am doing so solely at my own risk. In any event, I acknowledge and agree that I assume the risks associated with any and all fitness related activities and/or exercises in which I participate.

I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS FORM IN ITS ENTIRETY AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST BODY AND SOUL BOOT CAMP FOR THEIR NEGLIGENCE OR THAT OF THEIR EMPLOYEES, AGENTS, OR CONTRACTORS.

This form is an important legal document that explains the risks you are assuming by beginning an exercise program. It is critical that you have read and understand this document completely. If you do not understand any part of this document, it is your ultimate responsibility to ask for clarification prior to signing it.

I, _____ have read, understood and completed this questionnaire honestly and to the best of my knowledge. I understand that Body and Soul Boot Camp assumes no liability for persons who undertake physical activity

Participant's Signature _____ Print Name _____ Date _____

Parent/Guardian Signature _____ Print Name _____ Date _____

