

504 FitCamp

get2fitcamp.com

I, _____, acknowledge that I have voluntarily chosen to participate in 504 Fitcamp (hereinafter "Fitcamp"), an outdoor fitness program of progressive physical exercise, which can enhance the musculoskeletal and cardiorespiratory systems. The activities may include but are not limited to strength and weight training, intense cardiovascular activities, and flexibility training. I acknowledge that the activities of Fitcamp will require me to spend time outside in possibly hot, cold and/or humid temperatures. In signing this document I acknowledge being informed of the possible strenuous nature of the program and the potential for unusual, but possible, physiological results including, but not limited to, abnormal blood pressure, fainting, heart attack or death. Further risks include those caused by terrain, temperature, weather, equipment, lack of hydration, my physical condition and skill and the actions of other participants. By signing this document, I assume all risk for my health and well being and will save, indemnify and hold harmless of any responsibility, 504 Fitcamp, its instructors and others associated with this program from all liability, loss, cost, claim or damage whatsoever. This program requires that I be in general good health and that I have no condition that could endanger my well being through participation. Prior to beginning this program, I will notify my Fitcamp instructors of any relevant health issues whether current or in the past. I understand that questions about exercise procedures and recommendations are encouraged and welcomed.

Signature

Date