

Client Name _____

Home Phone: _____ Cell: _____

Address: _____

Email Address: _____ Date of Birth: _____

Emergency Contact Information: _____

In consideration of you or your child being allowed to participate in any way in the instruction, classes, events and activities of Stuart Coaching and Allegro Coaching, you are asked to execute this waiver, Release of Liability and Assumption of Risk Agreement.

Acknowledgment of Risks, Injury & Obligations

I acknowledge that the activity I or my child is to undertake is a potentially dangerous activity and that by participating in it I am exposed to certain risks. I further acknowledge that I or my child do not have any physical limitations, medical ailments, physical or mental disabilities that would limit or prevent me or my child from safely participating in Stuart Coaching or Allegro Coaching classes and/or personal training and that I or my child are free of any communicable/infectious disease(s). I also acknowledge that before starting this or any other exercise program, consultation with a physician is recommended.

I acknowledge and understand that while participating in such activity;

- There is a risk of being injured, physically or mentally, or in rare events could lead to death;
- My personal property may be lost or damaged;
- Other persons participating in such activity may cause me injury or may damage my property;
- I may cause injury to other persons or damage their property;
- The conditions in which the activity is conducted may vary without warning;
- Parent(s) or legal guardian(s) of a minor participant under the age of 18 additionally agree to instruct the minor participant of terms and conditions and their ramifications, and consent to the minor's participation.

Release and Indemnity

I participate in the activity at my sole risk and responsibility. I release, indemnify and hold harmless Stuart Coaching and Allegro Coaching and its servants and agents, from and against all and any actions or claims which may be made by me or on my behalf or by other parties for or in respect of or arising out of any injury, loss, damage or death caused to me or my property whether by negligence, breach of contract or in any way whatsoever.

In the event of an emergency, I hereby authorize transportation and Stuart Coaching or Allegro Coaching staff to perform any accepted medical procedures on me or my child deemed necessary or advisable and agree to bear the expense of any such transportation or procedures. I also understand that any treatment provided by Stuart Coaching or Allegro Coaching staff for injuries sustained will be of a first aid type only and I fully understand that the provider may not be a trained medical person.

I HAVE READ THE ABOVE WAIVER, RELEASE OR LIABILITY AND ASSUMPTION OF RISK FULLY AND UNDERSTAND AND CONFIRM THAT I FOR MYSELF OR ON BEHALF OF MY CHILD GIVE UP SUBSTANTIAL LEGAL RIGHTS BY SIGNING IT AND DO SO VOLUNTARILY, UNDER NO DURESS OR THREAT OF DURESS, WITHOUT INDUCEMENT, PROMISE OR GUARANTEE BEING COMMUNICATED TO ME. BY SIGNING BELOW, I FURTHER AGREE TO PARTICIPATE OR TO ALLOW MY CHILD TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL.

Participant's Name (Print): _____

Participant's Signature: _____ Date: _____

Parent or Guardian's Signature (if needed): _____