

HIGS GYM, LLC ACTIVITY RELEASE OF LIABILITY

PLEASE READ, SIGN AND DATE THE FOLLOWING WAIVER

Before beginning any type of martial arts training, parkour or any kind of exercise program, you should first consult your physician. While training, serious injuries are possible, including sprains, strains, twists, cramps, and other injuries of similar magnitude. The possibility of more serious injury exists, including fractured bones, broken bones, and torn ligaments, though not all participants encounter such serious injuries. As with any martial arts, parkour or physical activity, there also exists the remote possibility of crippling or death. During any martial arts, parkour, fitness or party activity if you feel dizzy or faint or experience any pain whatsoever, you must stop immediately and without delay seek the advice of a physician or health care professional.

In consideration of being allowed to participate in any way in martial arts, parkour, fitness classes, birthday parties, team building classes and related events and activities within HIGS GYM, LLC, the undersigned:

1. Agrees that prior to participating, they will inspect the facilities use and equipment to be used and if they believe anything is unsafe, they will immediately advise their instructor, coach or supervisor or facility personnel of such condition(s) and refuse participation.
2. Acknowledges and fully understand that they will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence but the actions, inactions or negligence of others, the rules of training, or the condition of the premises or any equipment used. Further, that there may be other risks not known or not reasonably foreseeable at this time.
3. Assumes all forgoing risks and accepts personal responsibility for the damages following such injury, permanent disability or death.
4. Releases, waives, discharges and covenants not to litigate/sue HIGS GYM, LLC, Higinbotham Farms, the instructor(s), affiliated clubs, directors, agents, coaches, employees of the organization, owners of premises used to conduct the instruction, all of which are hereinafter referred to as "release's" from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the release's or otherwise.
5. Agrees that all applicable movements learned will be used for self-defense purposes only, and only as a last resort outside of competition.

The undersigned has read and fully understands the above waiver and release, and understands that they have given up substantial rights by signing and signs voluntarily

Members in Family (You must be the legal guardian for all members listed below)

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Print Name: \_\_\_\_\_ Email: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_