

Pendola Training Liability Release Waiver

Let it be understood that Pendola Training and its professional fitness coaches are in the business of instructing and coaching its participants in various forms traditional and non-traditional physical activities. As with all physical activities including both instruction and demonstration of such, there is an inherent risk of injury while participating in such activities. There are many potential hazards generally associated with strenuous physical activities. These potential hazards include, but are not limited to, injury or death.

Participant recognizes that due to the very nature of physical activities, there will be times that the participant may be touched by the trainer, as deemed necessary by the trainer, to demonstrate, instruct or to assist in a movement and /or to aid in pre-workout and/ or post-workout stretching as needed.

Pendola Training encourages the participant to be responsible for his or her own actions while participating in any activity at Pendola Training. It is the participant's own responsibility to determine and evaluate whether the participant has the necessary physical abilities to participate in any activity that Pendola Training offers.

Participant recognizes that all of the above apply to the outdoor activities offered at Pendola Training as well. Outdoor hazards include, but are not limited to, high altitude, steep terrain which may potentially include poor footing or loose ground, trails that may be covered in snow or ice, severe weather (such as extreme heat, thunderstorms and lightning) exhaustion and wild animals.

I, undersigned, fully understand the risks involved with my participation in personal and/ or group activities while at Pendola Training and the limited responsibility of Pendola Training. I agree to take full responsibility for my own actions and any potential dangers during my time at Pendola Training. In consideration for participating at Pendola Training, I do freely and voluntarily release, discharge and covenant not to sue Pendola Training, their agents or employees from any claims which I, or anyone claiming through me, might have for damages, personal injury or death suffered during , or as a result of, my participation at Pendola Training.

I have carefully read and considered all the terms and provisions of this document and accept all provisions as stated herein.

Printed name: \_\_\_\_\_

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

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

**\*\*\*If you are under 18 years of age this form must be signed by your parent or guardian\*\*\***

Parent or Guardian signature: \_\_\_\_\_