**Consent & Liability Waiver Release Form**

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Parent/Guardian if Participant is under 18 years old) on behalf of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Minor under 18) of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (City) of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (State) hereby affirm I am entering into a course of instructional physical fitness and performance training. I understand that there are certain risks of injury inherent in the speed, strength, and agility training related to these activities. I understand and agree that the Participant is voluntarily participating in this program and assuming any and all risks that may result from these activities including but not limited to death, serious bodily, permanent disability, paralysis, pain, suffering and/or similar or related conditions.

I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the above mentioned program. I represent and warrant that I have no medical condition that would prevent my participation in this training program.

Waiver of Liability, Iron House Performance Center LLC, its successors, affiliates and any related entities, and their respective directors, officers, members, managers, employees, volunteers, independent contractors, and agents will not be liable for any injury or property damage. This may occur from (a) the Participant’s participation in any activity; (b) equipment or amenity malfunction; (c) negligent use of equipment or amenities by the Participant, another athlete, trainer; (d) our instruction, training, supervision, or any dietary recommendations; (e) the Participant slipping and/or falling on Iron House’s PC premises;

(f) first aid/emergency treatment or any services rendered or failed to be rendered by Iron House PC (g) the use of any photographs or video of the Participant for purposes of display, promotion or advertising for Iron House PC including and not limited to the internet, Facebook, Instagram, You Tube and other social media platforms.

If any provision or portion of this Consent & Liability Waiver Release Form shall be deemed null and void or unenforceable under applicable law it will be invalid, however, the remaining provisions shall remain in full force and effect.

I have read and fully understand this Consent & Liability Waiver Release Form. I understand I have given up substantial rights on behalf of the Participant by signing it and understand that this release cannot be modified orally. I have signed this release freely and voluntarily without any guarantees from Iron House PC’s officers, managers and employees.

Print Name of Participant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant’s Birth Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dated: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_