



Please Print or Type:

Name: _____ Phone: _____

Mailing Address: _____

Email Address: _____

Date of Birth: _____ Age: _____ Gender: M / F

Emergency Contact _____ Emergency Phone: _____

Because physical exercise can be strenuous and subject to risk of serious injury, I urge you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You agree that by participating in physical exercise or training activities, you do so entirely at your own risk. Any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and assume all risks of injury, illness, or death.

You acknowledge that you have carefully read this "waiver and release" and fully understand that it is a release of liability. You expressly agree to release and discharge the trainer/instructor from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against the trainer/instructor, or Boonton Parks and Recreation, for personal injury or property damage. To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from. By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Each participant in the Boot Camp Program should realize that there are substantial risks, hazards, and danger inherent in such training. Each participant in the Boot Camp Program must be covered by an accident and health insurance policy. It is the responsibility of each participant to participate only in those activities for which he/she has the prerequisite skills, qualifications, preparation, and training (as determined and instructed by the personal trainer). Endurance Train nor Boonton Recreation do not warrant or guarantee in any respect the physical condition or any equipment used in connection with the activity. Therefore, in consideration of the benefits received from the Boot Camp Program, the undersigned assumes all risks of damages or injury, including death, that may be sustained by him/her while participating in a exercise activity or in travel to or from such activity.

Release, Covenant Not to Sue, and Waiver

Personal Training involves an inherent risk of physical injury and the undersigned assumes all such risks. The undersigned hereby agrees that for the sole consideration of Endurance Train and Boonton Recreation allowing the undersigned to participate in the Boot Camp Program for which or in connection with which Endurance Train and Boonton Recreation has made available any equipment, facilities, grounds, or personnel for such training, the undersigned does hereby release, covenant not to sue, and forever discharge Boonton Recreation, Endurance Train and her officers, agents, and employees of any and for all claims, demands, rights, and causes of action of whatever kind or nature including but not limited to negligence, unforeseen bodily and personal injuries, damage to property, and the consequences thereof resulting from participation in any way connected with such recreational programs and activities. The undersigned understands that this Release, Covenant Not to Sue, Waiver, and Assumption of Risk shall be effective from the date of signature until the effective termination of the personal training services by Endurance Train. By signing this document, the undersigned hereby acknowledges that he/she has read the above carefully before signing, and agrees to comply with all the above.

Signature: _____ Date: _____

Signature of Parent/Guardian – one signature required if participant is 17 years old or younger:

Print name: _____ Signature: _____ Date: _____

Address and phone (if different): _____