



PARTICIPATION WAIVER

This form is an important legal document. It explains the potential risk associated with an exercise program as it relates to you or your child. It is crucial that you read and understand it completely. After you have done so, please print your name legibly in the space provided and sign name at the bottom.

WAIVER & RELEASE OF LIABILITY

I, _____ (Child's Name), have volunteered to participate in a program of physical exercise under the direction of **TOTAL ATHLETE PERFORMANCE LLC** which will include, but may not be limited to, weight (resistance) training, assorted games, movement, flexibility, and other assorted exercise skills and drills (i.e. jumping, running, skipping, hopping, throwing, rolling, bouncing, etc.). In consideration of **TOTAL ATHLETE PERFORMANCE LLC** agreement to instruct, assist, and train (Child's Name), I, on behalf of myself, my heirs, and executors, covenant not to sue **TOTAL ATHLETE PERFORMANCE LLC**, and do here and forever release and discharge and hereby hold harmless **TOTAL ATHLETE PERFORMANCE LLC** respective agents, heirs, assigns, contractors, and employees from any and all claims, demands, damages, rights of action or causes of action, present of future, arising out of or connected with my participation in this or any exercise program including any injuries resulting there from. _____ (Parent or Guardian Initials)

ASSUMPTION OF RISK

I, _____, recognize that exercise might be difficult and strenuous and that there could be dangers inherent in exercise for some individuals. I acknowledge that the possibility of certain unusual physical changes during exercise does exist. These changes include, but are not limited to, abnormal blood pressure, fainting, disorders in heartbeat, heart attack, and in extremely rare instances, death. _____ (Parent or Guardian Initials)

Although, trainer will take precautions to ensure safety, I expressly assume and accept sole responsibility for my safety. I understand that as a result of my participation in an exercise program, my child could suffer any injury or physical disorder that could result in becoming partially or totally disabled and incapable of performing any gainful employment or having a normal social life. _____ (Parent or Guardian Initials)

I recognize that all participants prior to involvement in any exercise program should obtain an examination by a physician. If I have chosen not to obtain a physician's permission prior to beginning this exercise program with **TOTAL ATHLETE PERFORMANCE LLC**, I hereby agree that I am doing so at my own risk. _____ (Parent or Guardian Initials)

In all cases, circumstances, situations, events and locations, I acknowledge and agree that I assume the risks associated with any and all activities and/or exercises in which my child participates. _____ (Parent or Guardian Initials)

I acknowledge and agree that no warranties or representations have been made to me or my child regarding the results will achieve from this program. I understand that results are individual and may vary.

Parent/Guardian's Signature

Date

Print Name (Parent/Guardian)

Emergency Phone

Email Address

Participant's D.O.B.



GENERAL HEALTH HISTORY QUESTIONNAIRE

Injury/Surgery History

Have you ever experienced any serious injuries (ankle, knee, hip, back, shoulder, etc)? If yes, please explain.

Have you ever had any surgeries? If yes, please explain.

If yes to either of the two previous questions, do these injuries/surgeries affect you during exercise participation? If yes, please explain.

Chronic Conditions

Has a medical doctor ever diagnosed you with a chronic condition, such as coronary heart disease, coronary artery disease, hypertension (high blood pressure), high cholesterol, or diabetes? If yes, please explain.

Medications

Optional Are there any medications you are currently taking that might affect your exercise participation that you think the instructor should be aware of?

Lifestyle

Do you take part in any recreational activities (golf, tennis, skiing, etc)? If yes, please explain.

What else do you enjoy outside of sports and school? What type(s) of music do you prefer when working out?
