



Youth Fitness & Conditioning

WAIVER & RELEASE FORM

PARTICIPANT IS A MINOR

I understand that physical fitness and conditioning involves vigorous and increasingly strenuous activities that by their very nature carry inherent risks that can not be eliminated regardless of the care taken to avoid injuries. As a participant with Youth PHIT, LLC, I understand that my child (the "Participant") may be involved with activities such as, but not limited to, weight lifting, various resistance machines and equipment, running, aerobic activities, and use of hard surfaces, all of which place stress on the cardiovascular and musculoskeletal systems, and carry a risk of injury. I understand that Youth PHIT does not provide medical insurance to its participants. I declare that the Participant's current physical health allows him/her to participate in such fitness and conditioning activities. I hereby assert that his/her participation is voluntary and that I knowingly assume all such risks of injury, no matter how serious.

In consideration of the Participant being accepted as a Youth PHIT, LLC participant, I hereby release, waive, covenant not to sue, and forever discharge Youth PHIT, LLC, its management, partners, agents, volunteers, and employees (whether acting within the scope of their employment or not) from liability from any and all claims, demands, or causes of action relating to or arising from the Participant's presence at, or participation in activities related to Youth PHIT, LLC, which may result in personal injury or loss, property damage, or death. I declare that this release binds me, my heirs, executors, assigns, administrators, and personal representatives. I understand that this document is intended to be as broad and inclusive as permitted by the laws of Virginia and agree that if any portion of the Agreement is invalid, the remainder will continue in full and legal force and effect.

I represent that I am a parent/legal guardian of _____ (Participant) and I agree that the terms of this release waiver are binding on me and the Participant.

Signature of Parent/Guardian

Date

PARTICIPANT IS AN ADULT

I understand that physical fitness and conditioning involves vigorous and increasingly strenuous activities that by their very nature carry inherent risks that can not be eliminated regardless of the care taken to avoid injuries. As a participant with Youth PHIT, LLC, I understand that I may be involved with activities such as, but not limited to, weight lifting, various resistance machines and equipment, running, aerobic activities, and use of hard surfaces, all of which place stress on the cardiovascular and musculoskeletal systems, and carry a risk of injury. I understand that Youth PHIT does not provide medical insurance to its participants. I declare that my current physical health allows me to participate in such fitness and conditioning activities. I hereby assert that my participation is voluntary and that I knowingly assume all such risks of injury, no matter how serious.

In consideration of my being accepted as a Youth PHIT, LLC participant, I hereby release, waive, covenant not to sue, and forever discharge Youth PHIT, LLC, its management, partners, agents, volunteers, and employees (whether acting within the scope of their employment or not) from liability from any and all claims, demands, or causes of action relating to or arising from my presence at, or participation in activities related to Youth PHIT, LLC, which may result in personal injury or loss, property damage, or death. I declare that this release binds me, my heirs, executors, assigns, administrators, and personal representatives. I understand that this document is intended to be as broad and inclusive as permitted by the laws of Virginia and agree that if any portion of the Agreement is invalid, the remainder will continue in full and legal force and effect.

Signature of Participant

Date