

Sweat Co. Pte. Ltd

Waiver, Release, and Assumption of Risk Form

I have volunteered to participate in a **Sweat Co** outdoor fitness class which may include, but may not be limited to, resistance training and aerobic or cardiovascular exercise. In consideration of **Sweat Co's** agreement to instruct and train me, I do here now and forever release and discharge and hereby hold harmless **Sweat Co** and its respective agents, heirs, assigns, contractors, and employees from any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation in this or any exercise program including any injuries resulting there from.

THIS WAIVER AND RELEASE OF LIABILITY INCLUDES, WITHOUT LIMITATION, INJURIES WHICH MAY OCCUR AS A RESULT OF (1) EQUIPMENT BELONGING TO SWEAT CO OR TO MYSELF THAT MAY MALFUNCTION OR BREAK; (2) ANY SLIP, FALL OR DROPPING OF EQUIPMENT;

I have been informed of, understand and am aware that any exercise program, whether or not requiring the use of exercise equipment, is a potentially hazardous activity. I also have been informed of, understand and am aware that any exercise and/or fitness activities involve a risk of injury, as well as abnormal changes in blood pressure, fainting, and a remote risk of heart attack, stroke, other serious disability or death, and that I am voluntarily participating in these activities and using equipment and machinery with full knowledge, understanding and appreciation of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury, regardless of severity, or death.

I understand and consent to **Sweat Co's** rights to use pictures of students in class for promotion and updates or any other promotional, communication, or other materials as Sweat Co shall determine.

I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS FORM IN ITS ENTIRETY AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS, ASSIGNS, HEIRS OR ANY OTHER PERSON WHO SHALL DERIVE ANY RIGHTS FROM ME TO BRING A LEGAL ACTION OR ASSERT ANY CLAIM, HOWSOEVER ARISING, INCLUDING WITHOUT LIMITATION, FOR NEGLIGENCE, BREACH OF DUTY OR BREACH OF CONTRACT, AGAINST **SWEAT CO** OR ANY OF ITS EMPLOYEES, AGENTS, OR CONTRACTORS.

This form is an important legal document that explains the risks you are assuming by beginning an exercise program. It is critical that you have read and understood this document completely. If you do not understand any part of this document, it is your ultimate responsibility to ask for clarification prior to signing it.

Participant's signature

Date

Please print name

Parent or legal guardian's signature
(If participant is under age eighteen)

Date
