



BreakOut Bootcamp WAIVER

I, _____ have agreed to participate in BreakOut Boot Camps, an indoor and outdoor fitness camp, owned and operated by Carol Laviolette.

The activities of Breakout Boot Camps include, but are not limited to, strength training, running, agility drills, jumping, intense cardiovascular activities and flexibility training.

I acknowledge that there are risks involved in participating in the boot camp. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, my physical condition, equipment, actions of other people including, but not limited to, participants, volunteers and instructors.

I further acknowledge that the activities of the camp will require me to spend time outside, as well as inside and accordingly there may be specific risks associated with proper hydration, heat, cold and/or adequate visibility.

In consideration of attending the boot camp, I agree to release and discharge Breakout Boot Camp and any of its instructors, employees, volunteers and/or owners, from any injuries sustained by me as a result of participation in this program.

I agree to indemnify and hold harmless, Breakout Boot Camp, and any of its instructors, employees, volunteers, facilities and/or owners of Breakout Boot Camp against any liability incurred as a result of such injury or loss.

Fitness activities and programs require that I be in good health and have no condition that could endanger my well-being or the well being of others. I will notify Breakout Boot Camp of any such conditions in writing prior to enrolling in this program and also conditions that arise subsequent to my enrollment.

Signature of Participant: _____

Date: _____