



Liability Release and Hold Harmless Document

I hereby agree that I will indemnify and hold harmless CrossFit Discipline LLC, and their affiliates, officers, agents, instructors, and employees from and against any and all actions, cost loss, expense, and/or damages including attorney fees, that I might have now or in the future for any personal loss or damage to my personal property arising out of or in any manner including but not limited to the negligence of CrossFit Discipline LLC, its employees, instructors and my own personal negligence resulting from use of the services, equipment, classes and facilities.

CrossFit Discipline reserves the right to void your membership if the gym rules are violated. In recognition of the possible dangers connected with any physical activity. Member hereby knowingly and voluntarily assumes all risks associated with the fitness training, CrossFit workouts and waives any right of cause of action of any kind what so ever arising from Which any liability which may or could accrue to CrossFit Discipline LLC and their affiliates, officers, agents, instructors and employees. In recognition of the possible dangers connected with any physical activity. Member hereby knowingly and voluntarily assumes all risks associated with the fitness training, CrossFit workouts and waives any right of cause of action of any kind what so ever arising from Which any liability which may or could accrue to CrossFit Discipline LLC and their affiliates, officers, agents, instructors and employees.

I acknowledge the contagious nature of COVID-19 or any other infectious disease (ID) and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 or other ID by attending any CrossFit Discipline event and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 while participating in such activities may result from the actions, omissions, or negligence of myself and others, including, but not limited to Crossfit Discipline owners, coaches or members. I further willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest medical personnel immediately.

I acknowledge that I have read the Waiver of Liability carefully and understand its meaning and I am voluntarily releasing CrossFit Discipline LLC and their affiliates, officers, agents, instructors and employees.

Signature _____ Date _____
Print Name _____ cell: _____
Emergency Contact Name _____
Emergency Phone Number _____

Minor Release

In exchange for CrossFit Discipline LLC allowing my minor child/children to purchase a membership and/or use of the facility,

I, _____, _____, and _____, The parent / guardian of _____, hereby agree to be responsible for all damages to the premises of, or equipment belonging to CrossFit Discipline LLC. Further, I individually and on behalf of my child, agree to indemnify and hold harmless, CrossFit Discipline LLC, its employees, instructors, agents, or officers, with respect to damage and loss to all persons or property, including any child, and do hereby release and forever discharge CrossFit Discipline LLC, its employees, agents, or officers from any and all claims for loss for damages resulting there from.

Parent or Guardian Signature Date