



## WAIVER, RELEASE AND CONSENT

### **Including Waiver of Liability, Release, Assumption of Risk and Indemnity Agreement/Photo/Video Release:**

**The Participant and/or Participant's Parent(s)/Guardian(s) acknowledge, understand, and assume all risks inherent with participating in any of the activities referenced below.**

I, \_\_\_\_\_, parent/guardian of \_\_\_\_\_ ("Participant"), understand and acknowledge that I have enrolled my child in a physical fitness and, or aquatics program through Fit-N-Wise that includes, but is not limited to, swimming, running, jumping, strength training, utilizing fitness equipment, and exercising in different locations in and around Fit-N-Wise Rehabilitation and Performance Center in Decatur, Texas or anywhere the participant is exercising, swimming, etc., (the "Program").

I (the undersigned) hereby, for myself and my child, release, indemnify, and agree to hold harmless Fit-N-Wise, Fit Y.O.U.T.H., Aquatics and Wise Health System (the "Released Parties") and their owners, directors, officers, employees, agents, affiliates and subsidiaries and any volunteer in connection with the Program against any legal claim by or on behalf of the Participant as a result of the participation in the Program. I further release and waive any and all claims, demands, liability, damages, costs and expenses of any kind whatsoever (including claims relating to personal injury to my child or his/her wrongful death) against the Released Parties, that may arise from Participant's participation in the Program activities or while traveling to and from locations where the Program activities occur, even if caused in whole or in part by the negligence or other fault of the Released Parties. I fully understand that Participant may injure him/herself as a result of participation in this Program and hereby release the Released Parties from any liability, now or in the future, including but not limited to heart attacks, muscle strains, sprains, pulls, tears, broken bones, shin splints, heat exhaustion, knee, back or foot injuries and any other illness, soreness or injury, however caused, occurring during or after my child's participation in the Program.

It is further agreed and acknowledged that all exercises including the use of equipment, as well as travel to and from Program locations, shall be **AT MY OWN RISK. I FULLY UNDERSTAND THAT I AM FOREVER GIVING UP, IN ADVANCE, ANY RIGHT TO SUE OR MAKE CLAIMS AGAINST THE RELEASED, IF MY CHILD SUFFERS ANY INJURIES OR DAMAGES FROM THE PROGRAM ACTIVITIES, EVEN THOUGH I DO NOT KNOW WHAT OR HOW EXTENSIVE THOSE INJURIES AND DAMAGES MAY BE, AND I AM VOLUNTARILY ASSUMING THE RISK OF SUCH INJURIES OR DAMAGES. I UNDERSTAND THIS CONSENT FORM AND I AM NOT UNDER ANY PHYSICAL OR EMOTIONAL DURESS TO SIGN.**

I also give my consent for all medical care prescribed by a medical doctor, EMT, or nurse to preserve the physical well-being of my child.

\_\_\_\_\_  
(initial ONLY if you *disagree and do not give your permission*) Additionally, I consent to Fit-N-Wise and Fit Y.O.U.T.H.'s use of photos or videos of my child in Fit-N-Wise sports/fitness/aquatics classes and programs for the purpose of marketing and promoting such classes and programs.

**By signing this below, I accept the terms of the aforementioned Waiver, Release and Consent.**

Participant Name: (PRINT) \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent/Legal Guardian Name: (PRINT) \_\_\_\_\_

Parent/Legal Guardian: (SIGNATURE) \_\_\_\_\_ Date Signed \_\_\_\_/\_\_\_\_/\_\_\_\_

# PARTICIPANT & PARENT/LEGAL GUARDIAN CONTRACT

*(Please Print Legibly)*

## CHILD PARTICIPANT INFORMATION

DOB \_\_\_/\_\_\_/\_\_\_ AGE: \_\_\_\_\_ GRADE as of 2016-2017 school year: \_\_\_\_\_

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY & STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PARENT/MAIN CONTACT PHONE \_\_\_\_\_

ALTERNATE CONTACT \_\_\_\_\_

**ANY MEDICAL CONDITIONS THAT MAY IMPACT PARTICIPATION OR THAT FIT-N-WISE SHOULD BE AWARE OF:**

YES

NO

IF YES, EXPLAIN: \_\_\_\_\_

**My Child is a proficient swimmer and does not need a life vest.**

YES

NO

**Additional Swimming information we need to know** \_\_\_\_\_

## PARENT/LEGAL GUARDIAN INFORMATION

(THE FOLLOWING INFORMATION WILL BE USED TO CONTACT YOU IN AN EMERGENCY SITUATION)

\_\_\_\_\_  
MOTHER'S NAME (LAST, FIRST)

\_\_\_\_\_  
CELL PHONE

\_\_\_\_\_  
EMAIL ADDRESS

\_\_\_\_\_  
FATHER'S NAME (LAST, FIRST)

\_\_\_\_\_  
CELL PHONE

\_\_\_\_\_  
EMAIL ADDRESS

PLEASE NOTE, by giving your phone number and email you may receive information, notices, updates, advertising information, etc., from Fit-N-Wise children's classes, etc.

(circle one) YES or NO I will receive notifications, text messages, emails, etc., from Fit-N-Wise.

BY SIGNING BELOW YOU (PARENT/GUARDIAN) OF THE ABOVE MENTIONED PARTICIPANT AGREE AND ACCEPT RESPONSIBILITY FOR ALL FEES/DUES, IF ANY, OWED TO FIT-N-WISE THROUGH ANY OF THE CHILDREN'S PROGRAMS. THERE WILL BE NO REFUNDS.

\_\_\_\_\_  
PARENT/LEGAL GUARDIAN SIGNATURE

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
DATE SIGNED