

Informed Consent/Waiver of Liability

"I, _____, have enrolled in a program of strenuous physical activity including, but not limited to, aerobic training, resistance training, shallow water exercise, interval training, circuit training, and the use of various aerobic and conditioning equipment offered by H2O(2)_foundation and/or exercise equipment owned by H2O(2)_foundation.

I hereby affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this exercise program."

"In consideration of my participation in the H2O(2)_foundation program, I, _____, for myself, my heirs and assigns, hereby release H2O(2)_foundation, its employees and owners, from any claims, demands and causes of action arising from my participation in the exercise program."

"I fully understand that I may injure myself as a result of my participation in the H2O(2)_foundation program and I, _____, hereby release H2O(2)_foundation, its employees and owners, from any liability now or in the future including, but not limited to, heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries, and any other illness, soreness or injury, however caused, occurring during or after my participation in this program."

I permit the use of activity/event photography and/or video of myself for media promotion.

I hereby affirm that I have read and fully understand the above.

Signature: _____ Date _____

Printed Name: _____

