



SUFFIELD FITNESS FACTORY / LAND WARRIOR LLC

Waiver, Release of Liability and Indemnification

I am aware that there are significant risks involved with all aspects of physical training, including but not limited to improper use or failure of equipment and falls, which can result in serious injury or death. I am aware that these risks, or any risks not specifically enumerated here, may result in serious injury or death to me and or others. Injury may also result simply from the fact of physical by itself. By its nature physical training seeks to have me push beyond my limits in order to produce a physical adaptation by my body. This requires feedback from me and my trainer regarding what is happening with my body. In some cases an excessive workout can result in rhabdomyolysis. I should look for signs of excessive exercise soreness, darkened urine and pain in the kidney areas in the days following particularly with an intensive workout. While this type of injury is relatively rare, it can occur due to a number of factors, including, but not limited to genetic predisposition or dehydration, that may be beyond the control of my trainer. I will willingly assume full responsibility for any injury or death that may result from my participation in any activity or class while at Suffield Fitness Factory / Land Warrior LLC, hereafter referred to as SFF or other locations. I, the undersigned acknowledge that I have no physical impairments that will endanger me or others.

With a complete understanding of all the risks and hazards I may be exposed to and recognizing that my participation in the activities of SFF are completely voluntary. I hereby release SFF, their principles, members, directors, agents, employees and volunteers from any and all liability, claims, demands, actions and right of action, which are related to, arise out of, or are in any way connected with my participation in activities at SFF, including those allegedly attributed to the negligent acts of omissions of the above mentioned parties or others.

This agreement shall be binding upon me, my successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, the remainder of the agreement shall remain in full force and effect. I recognize that there are risks involved with the types of activities offered.

I recognize that there are risks involved with the types of activities offered by SFF. Therefore, I except financial responsibility for any injury that I may cause to myself or others while participating in activities offered by SFF. Should SFF, their principles, directors, agents, employees, or volunteers, or anyone acting on their behalf, be required to incur attorney fees and costs to enforce this agreement, I will reimburse them for such costs and fees. I agree to indemnify and hold harmless Land Warrior CrossFit, their principles, members, directors, agents, employees and volunteers from liability for the life or death of a person(s) and damage to property that may result from my negligent or intentional act or omission while participating in activities offered by SFF.

I also give full permission for any person connected with SFF to administer any First Aid deemed necessary and in case of serious injury or illness, I give permission for emergency medical to be called and provided.

I authorize SFF to take pictures and/or videos of me and use them on their website, social media site or other promotional materials.

SIGNATURE AND DATE:

EMAIL:
