



BOOT CAMP WAIVER

I _____, have agreed to participate in **Energy For Life Boot Camps**, an outdoor and indoor fitness program. The activities of **Energy For Life Boot Camps** include strength training, agility drills, jumping, intense cardiovascular activities, mental strengthening activities and flexibility exercises. Acknowledgement is hereby made that the activities of the fitness program will require me to spend time outside in the heat, rain and cool temperatures. I further acknowledge that there are risks involved, but are not limited to participants, volunteers, and lack of hydration. In consideration of my being accepted into the program, I agree to release and discharge **Energy For Life** and any of its employees, volunteers, supervisors, and owners, from any injuries sustained by me as a result of participation in this program. I agree to indemnify and hold harmless, **Energy For Life**, and any of its employees, volunteers, supervisors, and owners of **Energy For Life** 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 wellbeing through participation. I will notify **Energy For Life** of any such defects in writing prior to enrolling in this program.

The undersigned agrees to save and hold harmless and indemnify each and all of the parties referred to above from liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to act and release said parties on behalf of myself.

Signature of Participant: _____

Date: _____