

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT

In order for my child or myself to participate in ANY activity at Q Athletics, located at The Campus, 100 Powers Court, Sterling, VA, 20164:

I acknowledge and agree that I understand the nature of Q Athletics and all of its activities, have consulted a doctor and am in proper physical condition to participate.

All terms below are for any adult or child (under age of 18).

I also understand that certain activities; especially high intensity workouts will increase the risk of injury.

Q Athletics takes extreme means to insure all clients will be safe at all times, but is not responsible for any injury or death that takes place at the above address.

By signing this form, I accept and assume all risks and will not hold Q Athletics responsible for any losses, costs or damages incurred as a result of participating in any activity.

I hereby covenant not to sue Q Athletics, their members, trainers or any volunteers that participate or are on the premises.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signature of Adult Participant or Parent of Minor:

_____ Date: _____
Name of Child: _____

Email address and Cell Phone #
