

OPEN GYM RULES:

- 1. Please Sign in. Also Check-in with the Coach upon arrival to give them an idea what you are working on.**
- 2. Please only try a skills/lifts with which you are adequately prepared.**
- 3. Treat the coach with respect. If the Coach feels you are being unsafe, you will be asked to leave.**
- 4. Open-gym ends at 2:00pm. Please finish up your workout at 1:55.**
- 5. Please do not use the equipment in a negative manner (be kind to the equipment). Avoid dropping the barbells, dumbbells, and/or kettlebells.**
- 6. Please use chalk in a responsible way on equipment. if you leave chalk prints, clean them up.**
- 7. Kids must be kept off the gym floor at all times.**
- 8. Hyperformance is not responsible for lost or stolen items, please store your personal items in a safe location.**
- 9. Wipe down equipment after use.**
- 10. Please sign that you have read the rules and you agree to follow.**

Open Gym Waiver and Release of Liability

CrossFit Hyperformance
904 E. 70th St. Savannah, Ga 31405

Express assumption of risk: I, the undersigned, am aware that there are significant risks involved in all aspects of physical training. These risks include, but are not limited to: falls which can result in serious injury or death, injury or death due to negligence on the part of myself, my training partner, or other people around me, injury or death due to improper use or failure of equipment. I am aware that any of these above mentioned risks may result in serious injury or death to myself and or my partner(s).

I willingly assume full responsibility for the risks that I am exposing myself to and accept full responsibility for any injury or death that may result from participation in any activity or class while at CrossFit. **I, the undersigned acknowledge that I have no physical impairments or illnesses that will endanger myself or others. Any health condition that may potentially be aggravated by exercise have been disclosed to CrossFit Hyperformance and, if needed, I have received my physician's consent to participate.**

Initial:

Release: In consideration of the above mentioned risks and hazards and in consideration of the fact that I am willingly and voluntarily participating in the activities available at CrossFit, I, the undersigned hereby release CrossFit, their principals, agents, employees, and volunteers from any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my participation in this activity, including those allegedly attributed to the negligent acts or omissions of the above mentioned parties.

This agreement shall be binding upon me, my successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, I agree that the remainder of the agreement shall remain in full legal force and effect.

If I am signing on behalf of a minor child, I also give full permission for any person connected with CrossFit to administer first aid deemed necessary, and in case of serious illness or injury, I give permission to call for medical and or surgical care for the child and to transport the child to a medical facility deemed necessary for the well being of the child.

Indemnification: The participant recognizes that there is risk involved in the types of activities offered by CrossFit. Therefore the participant accepts financial responsibility for any injury that the participant may cause either to him/herself or to any other participant due to his/her negligence. Should the above mentioned parties, or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless CrossFit, their principals, agents, employees, and volunteers from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in activities offered by CrossFit.

Media Use: I will allow CrossFit Hyperformance, Inc. the use of any photos, videos, or other media obtained by CrossFit Hyperformance Inc. that include my image or likeness for the use of educational and promotional activities.

I have read and understood the foregoing assumption of risk, and release of liability and I understand that by signing it obligates me to indemnify the parties named for any liability for injury or death of any person and damage to property caused by my negligent or intentional act or omission. I understand that by signing this form I am waiving valuable legal rights.

Signature of participant:

Printed Name of Participant:

Date:

If the participant is under the age of
18,

Signature of Parent or Guardian:

(Parent/Guardian) Print Name:

Date: