

RELEASE OF ALL CLAIMS AND WAIVER OF LIABILITY

REALITY 101: WBK's Boxing including Level I are tough!

WARNING # 1: NOT RECOMMENDED FOR INACTIVE INDIVIDUALS - MINIMUM AGE REQUIREMENT IS 16 YEARS.

WARNING # 2: NO PREGNANT ROOKIES (SEE BOXER PROFILE QUESTION # 3)

WARNING # 3: BY SIGNING THIS FORM YOU GIVE UP YOUR RIGHT TO BRING COURT ACTION TO RECOVER COMPENSATION FOR ANY INJURY TO YOURSELF OR YOUR PROPERTY OR FOR THE DEATH ARISING OUT OF WBK BOXING COURSES.

I HEREBY ACKNOWLEDGE AND AGREE THAT while I am participating in WBK Boxing courses that:

- I have read, understood and completed the PAR-Q form and have answered **NEGATIVELY TO ALL QUESTIONS.**
- I am aware that Boxing Training has inherent risks and I have full knowledge of the nature and extent of the risks associated with Boxing Training of which include but are not limited to:

ALL MANNERS OF PERMENANT AND PARTIAL BODILY INJURY SUCH AS:

Heart attack, bone fractures/dislocations, and all manner of musculoskeletal injuries.

WHICH RESULT FROM:

Falling, tripping over ropes, mats, carpet or any object, slipping or sliding on floors, mats, carpet, impacting against a hard surface, uncontrolled acceleration, collision with other participants or boxing equipment, intense physical exertion, improper technique and improper use of equipment.

- I understand that all of the inherent risks of Boxing Training present the risk of serious injury and/or fatal injury.
- I have full knowledge of the nature and extent of the risks associated with WBK BOXING. **I AM VOLUNTARILY** assuming the risks involved and in doing so I understand that I will be solely responsible for any injury, loss and/or damage I sustain.
- I agree to indemnify and hold harmless **WHITE BROOK KINETICS BOXING (WBK BOXING) and CHRIS WEISSBACH** of all liability for all loss and/or damage arising from any cause whatsoever and hereby release, waive, **WHITE BROOK KINETICS BOXING (WBK BOXING) and CHRIS WEISSBACH** from all liability to my heirs, executor, administrators and assigns for all loss or damage and any claims of demands for such loss or damage on account of injury to my person or property.
- I am aware of the nature and effect of the **RELEASE OF ALL CLAIMS AND WAIVER OF LIABILITY** FORM that I am signing. I am executing this release and waiver of liability agreement freely and voluntarily without any compulsion on the part of **WHITE BROOK KINETICS BOXING (WBK BOXING) and CHRIS WEISSBACH.**
- I have read this entire agreement prior to signing it and I fully understand the above conditions.

NAME: _____

SIGNATURE: _____

CONTACT NAME & PHONE # IN CASE OF EMERGENCY:

RELATIONSHIP TO EMERGENCY CONTACT:

DATE: _____ **WITNESS:** _____