

Informed Consent and Waiver of Liability:

Client hereby agrees any participation in any fitness program provided by trainer is voluntary and is designed with intent to improve physical fitness and overall health.

Client hereby agrees he/she understands any training program provided is designed to place a gradual increasing workload on the cardio-respiratory, muscular, skeletal and nervous systems (kinetic chain) in effort to improve overall physical fitness. As such, the reaction to training cannot be predicted with complete accuracy and may cause abnormalities of human physiology (i.e. blood pressure) and to the kinetic chain. The client understands all programs are designed based upon a healthy and functioning individual based on the physical activity readiness questionnaire (PAR-Q).

Client agrees to accept all responsibility for monitoring his/her own physical wellness throughout any program and accepts complete responsibility for advising the trainer of any abnormalities or unusual symptoms including but not limited to, shortness of breath, chest pains, cramps, severe muscle pain or spasms, and injuries unbeknownst to the trainer. The client further agrees to immediately notify the trainer of any such problems occurring outside of the time spent actively working with the trainer. Client further agrees to indemnify trainer, trainer's organization and any facility that may be used during training sessions for any damages or injury that may occur to the client, or clients property while engaging in physical training (client will accept full liability for any injury occurring while training). The client understands there are risks in participating in an exercise program.

Client agrees to having consulted a physician prior to engaging in any new training program and further agrees to consult physician upon request by the trainer, specifically in reference to reported injuries or any other sited risk conditions. Client also agrees to make any pertinent medical and health information available to trainer upon verbal request. Client also understands this document constitutes a full and complete waiver of all possible claims, including for negligence in personal property or property damages, arising out of participating in this training program. No provision of this document shall, in anyway, limit the right to make claims against persons other than OC Fitness Solutions, LLC. RFK Training, LLC. and Therapy Solutions, Inc..

By signing this contract, I agree to having read and understand this complete agreement, and accept this contract in its entirety.

Print name (minor):

Signature:

Date

Print name (parent):

Signature:

Date