



Raise the BAR Fitness- Release of Liability

ASSUMPTION OF RISK

I, the undersigned, understand and acknowledge that participation in physical fitness activities, personal training sessions, group classes, strength training, cardiovascular exercise, and any other activities offered by Raise The BAR Fitness involves inherent risks that cannot be eliminated regardless of the care taken to avoid injuries.

I understand that these risks include, but are not limited to:

- Falls resulting in serious injury or death
- Injury or death due to negligence by myself, my training partner, other participants, or staff
- Injury or death resulting from improper use, malfunction, or failure of equipment
- Muscle strains, sprains, tears, fractures, and other physical injuries
- Heart attack, stroke, or other medical complications
- Any other injuries that may occur as a result of participation in fitness-related activities

I understand that these risks may result in serious injury, illness, permanent disability, or death to myself and/or others.

I voluntarily and knowingly assume full responsibility for all risks associated with my participation in any activity, class, event, training session, or program conducted by or under the direction of Raise The BAR Fitness.

I certify that I am physically capable of participating in such activities and that I do not have any physical condition, injury, illness, or impairment that would endanger myself or others.

RELEASE OF LIABILITY

In consideration of being permitted to participate in activities offered by Raise The BAR Fitness, I hereby voluntarily release, waive, discharge, and covenant not to sue Raise The BAR Fitness, its owners, principals, agents, employees, contractors, trainers, volunteers, representatives, successors, and assigns from any and all liability, claims, demands, actions, causes of action, damages, costs, expenses, or losses arising out of or related to any injury, illness, disability, death, or property damage resulting from my participation in activities conducted by Raise The BAR Fitness, including those arising from the alleged negligence of Raise The BAR Fitness or its representatives.

This release shall be binding upon me, my spouse, heirs, executors, administrators, personal representatives, successors, and assigns.

If any portion of this Agreement is determined to be invalid or unenforceable, the remaining provisions shall remain in full force and effect.

MEDICAL AUTHORIZATION

I authorize Raise The BAR Fitness staff, trainers, employees, and representatives to obtain emergency medical treatment for me if deemed necessary due to illness or injury occurring during participation in any activity.

I understand that I am solely responsible for any medical expenses incurred as a result of such treatment.

PARENT/GUARDIAN CONSENT FOR MINORS

If the participant is under the age of 18, the undersigned parent or legal guardian acknowledges and agrees to all terms of this Agreement on behalf of the minor participant.

The parent or guardian further authorizes any person connected with Raise The BAR Fitness to administer first aid deemed necessary and, in the event of serious illness or injury, authorizes emergency medical and/or surgical treatment and transportation

to a medical facility deemed necessary for the well-being of the minor.

NON-PARTICIPATING MINORS / CHILDREN ON PREMISES

The undersigned acknowledges and agrees that any minor child accompanying a participant to Raise The BAR Fitness who is not a member, registered participant, or enrolled in a program is present solely at the participant's own risk and responsibility.

The participant and/or parent/guardian agrees to provide continuous supervision of any non-participating minor at all times while on the premises. Non-participating minors are not permitted to use gym equipment, participate in classes, training sessions, or engage in any fitness-related activities unless properly registered and authorized by Raise The BAR Fitness.

The participant and/or parent/guardian assumes full responsibility for the safety, conduct, supervision, and well-being of any non-participating minor accompanying them and releases, waives, and discharges Raise The BAR Fitness, its owners, employees, contractors, trainers, volunteers, and representatives from any and all liability, claims, demands, actions, damages, injuries, losses, or expenses arising from or related to the presence of such minor on the premises.

The participant and/or parent/guardian further agrees to indemnify and hold harmless Raise The BAR Fitness from any claims or liabilities arising from the acts, omissions, injuries, or conduct of any non-participating minor under their supervision.

INDEMNIFICATION AGREEMENT

I have carefully read and fully understand this Assumption of Risk, Release of Liability, and Indemnification Agreement.

I agree to indemnify, defend, and hold harmless Raise The BAR Fitness and its owners, principals, agents, employees, contractors, trainers, volunteers, representatives, successors, and assigns from and against any and all claims, liabilities, damages, losses, costs, or expenses, including attorney fees, arising out of or related to my negligent, reckless, or intentional acts or omissions.

I understand that by signing this Agreement, I am waiving substantial legal rights, including the right to sue, and I sign it voluntarily and without inducement.

PHOTO / VIDEO RELEASE

By signing this Agreement, I authorize Raise The BAR Fitness to photograph, video record, and/or otherwise capture my image, likeness, and voice while I am participating in or attending activities, classes, programs, events, competitions, training sessions, or other functions associated with Raise The BAR Fitness.

I grant Raise The BAR Fitness permission to use, reproduce, publish, display, and distribute such photographs, videos, recordings, and other media for legitimate business, promotional, advertising, educational, and marketing purposes, including but not limited to social media, websites, printed materials, advertisements, and promotional content, without compensation to me.

If the participant is under the age of 18, the parent or legal guardian signing this Agreement grants this authorization and release on behalf of the minor participant.

Permission may be revoked for future photographs, videos, or recordings by providing written notice to Raise The BAR Fitness. Revocation will apply only to future use and will not require Raise The BAR Fitness to remove, recall, or discontinue materials that were previously created, published, printed, posted, or distributed before the written revocation was received.

I understand that by signing this Agreement, I am granting this permission as part of the terms and conditions of participation with Raise The BAR Fitness.

ACKNOWLEDGMENT AND SIGNATURE

If the participant is under the age of 18, the parent or legal guardian signing this Agreement grants this authorization and release on behalf of the minor participant. I certify that I have read this document in its entirety, understand its contents, and agree to be bound by its terms.