

Training Session Assumption of Risk Agreement

By participating in the training session ("Activity"), I acknowledge and agree to the following terms and conditions. I understand that my involvement in the Activity is voluntary and that I am solely responsible for my health and safety before, during, and after the training session.

Assumption of Risk

- I acknowledge that attendance and participation in the Activity involves inherent risks, including but not limited to physical injury, illness, and property loss or damage.
- I assume all risks associated with my participation, whether known or unknown to me.

Health Statement

- I certify that I am physically able to participate in the Activity.
- I agree to consult a medical professional if I have concerns about my ability to safely participate.

Release of Liability

- I waive, release, and discharge the organizers, instructors, and sponsors from any liability or claims arising from my participation in the Activity, except in cases of gross negligence or willful misconduct.

Safety and Compliance

- I agree to comply with all guidelines, instructions, and safety protocols provided by the organizers and trainers during the Activity.
- I understand that failure to follow safety instructions may result in removal from the session.

I have read and fully understand this Assumption of Risk Agreement. I certify that all information I provide is accurate, and I sign this agreement voluntarily.

Participant Name (Print)

Signature

Date