

HYDRA STRENGTH TRAINING LLC

TRAINING CONSENT WAIVER AND LIABILITY RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in electing to train with Hydra Strength Training LLC, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which might sustain as a result of any and all training activities administered and/or supervised by Hydra Strength Training LLC.

Hydra Strength Training LLC, its officials, directors, agents, employees, volunteers and representatives (hereafter referred to as "Hydra Strength Training LLC") is not responsible for any injury, loss or damage of any kind sustained by any person while training with Hydra Strength Training, including injury, loss or damage which might be caused by negligence of any person affiliated with Hydra Strength Training.

WARNING! THERE ARE OBVIOUS KNOWN DANGERS INHERENT IN ATHLETIC ACTIVITIES.

DESCRIPTION OF RISKS

I recognize and acknowledge that there are certain dangers and risks of physical injury when training for athletic competition. I also understand that in order to be allowed to train with Hydra Strength Training LLC, I must give up my rights to hold Hydra Strength Training LLC liable for any injury or damage which I may suffer while training with Hydra Strength Training LLC. I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that I may sustain as a result of training with Hydra Strength Training LLC. I further agree to waive and relinquish all claims I may have as a result of training with Hydra Strength Training LLC.

INDEMNIFICATION AND RELEASE OF LIABILITY

1. TO ASSUME AND ACCEPT ALL RISKS arising out of, associated with my training with Hydra Strength Training LLC, even though such risks may have been caused by the negligence of Hydra Strength Training LLC.
2. TO BE SOLELY RESPONSIBLE FOR ANY INJURY, LOSS OR DAMAGE which I may sustain while training with Hydra Strength Training LLC, even if caused by the negligence of Hydra Strength Training LLC.
3. TO INDEMNIFY AND HOLD HARMLESS Hydra Strength Training LLC, its officials, directors, agents, employees, volunteers and representatives from any and all claims, demands, actions and costs which might arise out my training, even if caused by the negligence of Hydra Strength Training LLC.

I understand and agree that this Agreement will have the effect of releasing, discharging, waiving and forever relinquishing any and all actions or causes of action that I may have or have had, whether past, present or future, whether known or unknown, and whether anticipated or unanticipated by me, arising out of my training with Hydra Strength Training LLC. This Release constitutes a complete release, discharge and waiver of any and all actions or causes of action against Hydra Strength Training LLC.

I understand and agree that by signing this Agreement, I am agreeing to release, indemnify and hold Hydra Strength Training LLC harmless from any and all liability or costs, including attorneys' fees, associated with or arising from my training with Hydra Strength Training LLC.

I do hereby fully release and forever discharge Hydra Strength Training LLC from any and all claims for injuries, damages, or loss that I may have, connected with or in any way associated with my training with Hydra Strength Training LLC.

ACKNOWLEDGEMENT

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims.

I UNDERSTAND THAT THIS IS A LEGAL AGREEMENT. It is binding upon myself as well as upon my heirs, next of kin, executors, administrators, assigns and representatives, in the event of my death or incapacity. I HAVE READ AND UNDERSTOOD ALL THE TERMS OF THIS AGREEMENT, and by signing this agreement voluntarily, I am agreeing to abide by these terms.

WARNING -- BY SIGNING THIS FORM, YOU GIVE UP IMPORTANT LEGAL RIGHTS! PLEASE READ CAREFULLY!

I have read and voluntarily sign this Release and Waiver of Liability and Indemnity Agreement, on behalf of myself and any representatives, heirs, and next of kin.

Signature (must be over 18 years of age)

Parent/Guardian Signature (if athlete is under 18 years of age)

Athlete's Printed Name

Email: _____

Date:

Phone#: _____