

<input type="checkbox"/>	Cash
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<input type="checkbox"/>	CrossFit Loudoun
<input type="checkbox"/>	NoVa Ninja

WAIVER AND RELEASE FROM LIABILITY

I, _____ (Participant), or Participant's parent or legal guardian if participant is under the age of 18 years, have requested the use of CrossFit Loudoun/Northern Virginia Ninja (NoVa Ninja) facilities and/or equipment, or the purchase or provision of lessons, instruction and/or training related to weightlifting, powerlifting, Olympic lifting, gymnastics, plyometrics, calisthenics, running, rowing, climbing, jumping, throwing, yoga, nutrition, injury prevention, and/or activities incidental thereto, individually and collectively (CrossFit and/or Ninja Training) and the use of equipment and facilities at 21531 Blackwood Court, Suite 110, Sterling, Virginia 20166 and/or any public or private location (collectively, Facilities and Equipment"). I understand that this Waiver and Release from Liability is being executed in favor of CrossFit Loudoun & NoVa Ninja and its owners, officers, agents, and employees ("Releasees"). I understand and acknowledge that serious disabilities, illness (to include "exertional rhabdomyolysis") death, accidents and injuries can occur during CrossFit, Personal Training, and Ninja Warrior Training.™ and the use of the Facilities and Equipment in which those CrossFit and Ninja Training activities are held, whenever or however they occur and for such period said activities may continue. I further understand and acknowledge that attending, participating in, volunteering at or spectating at CrossFit and Ninja Warrior activities may require me to perform strenuous activities, or to be exposed to activities, conditions, individuals, equipment or events which have potential to cause death, illness, serious injury, disability, or property loss. Knowing the risks inherent in and connected with these CrossFit and Ninja Warrior activities, conditions, equipment or events, and with the full understanding of the activities I will be performing, on behalf of myself, my executors, administrators, heirs, successors, assigns, and next of kin, I HEREBY FULLY ASSUME THE RISKS OF INJURY, ILLNESS, DISABILITY, DEATH, OR LOSS OR DAMAGE TO PERSON OR PROPERTY NHERENT IN, AND/OR IN ANY WAY CONNECTED WITH ATTENDING, PARTICIPATING IN, AND SPECTATING A FLEXFIT-CROSSFIT GYM EVENT OR OTHER CROSSFIT ACTIVITY AT THE FACILITIES EVEN IF ARISING FROM THE NEGLIGENCE OF OTHER PERSONS EXECUTING A SIMILAR WAIVER AND RELEASE FROM LIABILITY.

I understand that I will not be permitted to participate in CrossFit or Ninja Warrior Training activities without executing this Waiver and Release. As a condition of my participation in CrossFit or Ninja Warrior Training activities, I grant CrossFit Loudoun and NoVa Ninja and its employees, members, partners, officers and agents perpetual and non-revocable permission to use my name, photographs and video in which my image and likeness appears in connection with my participation in CrossFit or Ninja Warrior Training activities including any advertisements, or media and electronic displays and transmissions thereof (herein "Likeness Rights"). I release CrossFit Loudoun and Northern Virginia Ninja and its employees, members, partners, officers and agents from any and all liability for damages for use in any manner or media of the Likeness Rights, and waive any and all claims and causes of action for damages for use of the Likeness Rights, including but not limited to: unauthorized use of my likeness, image, character or persona; violation of my right or publicity or privacy; and for copyright or moral rights infringement, defamation, or being cast in a bad light.

I understand and agree that this Agreement is a full and final release covering all known and unknown and unanticipated injuries, debts, claims, or damages to him/her that have arisen or my have arisen from any matters, acts, omissions, or dealings released in this agreement, including but not limited to the use of the photographs and likeness Rights. The undersigned acknowledges that he/she is aware that he/she may hereafter discover facts in addition to, or different from, those which he/she now knows or believes to be true, but it is his/her intention hereby, fully and finally and forever, to settle and to release any and all matters, disputes, differences, known or unknown, suspected or unsuspected, that do now exist, may exist or heretofore have existed with respect to those matters described herein. I expressly waive and relinquish any and all rights or benefits that I may now have, or in the future may have as to these matters released herein, similar law or any state or territory of the United States. Said section provides as follows:

"A general release does not extend to claims which the creditor does not know or suspect to exist in his favor at the time of executing the release, which if known by him must have materially affected his settlement with the debtor."

By signing below, the undersigned also waives any and all rights he/she may have, independently or on my behalf, in connection with my image or likeness on such photograph(s) and Likeness Rights, and consents to, joins with and ratifies all grants of permission, waivers, discharges and releases set forth herein above.

I AGREE NOT TO BRING ANY CLAIM AGAINST RELEASEES, which claims concern in any way death, injury, damage or loss of any type or nature, which arise out of, are related to, or are in any way connected with attending, participating in, volunteering at or spectating at CrossFit or Ninja Warrior Training Activities, and/or which arise out of or are connected to in any way with my use of, or my presence at the Facility(ies) at which (those) activities held, whether injury, death or disability, loss or damage is caused in whole or in part by negligence, gross carelessness, or other acts or failure to act of those persons or entities.

I HEREBY AFFIRM AND ACKNOWLEDGE THAT I HAVE READ THIS DOCUMENT. I HEREBY AFFIRM AND ACKNOWLEDGE THAT I UNDERSTAND ITS CONTENTS AND AGREE TO BE BOUND THEREBY. IF I AM UNDER THE AGE OF EIGHTEEN YEARS, MY PARENT/ GUARDIAN HAS READ AND COMPLETED THE SECTION BELOW.

Participant _____ By _____ Date _____
 (Print Name) (Signature)

PARENTAL CONSENT AND RELEASE

The undersigned parent/nature/legal guardian of _____ ("Participant") hereby executes the foregoing Waiver and Release on behalf of the minor named herein and I hereby bind myself; the minor named herein, his/her executor, administrators, heirs, successors, assigns, and next of kin, to the terms of this Waiver and Release. I represent that I have the legal capacity and authority to act for, or on behalf of, the minor names herein. I agree to indemnify and hold harmless the persons and entities names herein from any claims and liabilities, which may be assessed against them as a result of, or arising out of my legal capacity or my authority to act for and on behalf of the minor named herein in the execution of the Waiver and Release or my execution of the Waiver and Release

Signature Parent or Guardian _____ Date _____

Name _____ Email _____

EMERGENCY CONTACT PHONE _____