



Waiver and Release

I, _____ understand that Kettlebell's and other weights can possibly cause serious injury to myself and others. I want to exercise with weights and Kettlebell's and I assume ALL RESPONSIBILITY for injury to myself. I will not hold the Guelph Kettlebell Club, its trainers, or owners responsible in any way for personal injury.

I agree that participating in training, physical exercise, stretching, or weight lifting is done completely of my free will and AT MY OWN RISK. I agree that I am voluntarily participating in these activities, the use of these weights, or the use of this equipment and I assume ALL RISK of injury, illness, or death.

I acknowledge that I have carefully read this "waiver and release" and fully understand that it is a release of liability. I expressly agree to release and discharge the Guelph Kettlebell Club, its trainers, and its owners from any claims or causes of action and I agree to voluntarily give up or waive any right that I may otherwise have to bring a legal action against the Guelph Kettlebell Club, its trainers, or its owners for personal injury or property damage or loss.

By signing this release, I acknowledge that I understand its content and that this release cannot be modified by any verbal or oral agreement.

Signed: _____
(Guardian if applicable)

Printed Name: _____

Date: ___/___/_____ mm/dd/yr