



BY SIGNING THIS DOCUMENT, YOU ARE WAIVING CERTAIN LEGAL RIGHTS. PLEASE READ THIS DOCUMENT CAREFULLY BEFORE SIGNING.

## RELEASE AND INDEMNITY AGREEMENT

I, the undersigned, as a client or guest of SPRINT SPORTS PERFORMANCE, its affiliated companies, and its and their directors, officers, employees, agents and insurers (hereinafter referred to as SSP), agree that if I engage in any physical exercise or activity on the premises, or any location at our direction, I do so at my own risk, regardless of fault, and **I FULLY RELEASE AND FOREVER DISCHARGE SSP** from any and all liability to me, my personal representatives, assigns, heirs, and next of kin for any damage to or loss of property, any injury to me or my death or any one or more of the foregoing, arising directly or indirectly out of my participation in our program.

This includes without limitation the use of the building, equipment, parking area, and stairs, and includes my participation in our program and instruction and evaluations/screenings. I agree that I am participating voluntarily and acknowledge that I may incur pain, soreness and possible injury while participating in the normal course of this program and that it is **MY RESPONSIBILITY TO INFORM THE CLINICAN IMMEDIATELY** should I experience any of these symptoms. I further agree and acknowledge that in your effort to produce the best possible results for me, I must strive to reach my limits each and every time I participate in your program.

SSP agrees to endeavor to properly train all employees and maintain all equipment in acceptable working condition and **I AGREE TO RELEASE, DEFEND, INDMINFY AND HOLD HARMLESS SSP** from any and all liabilities, damages and claims or causes of action of any kind or description arising directly or indirectly out of my participation in this program and use of equipment.

This waiver and release of all liability includes but is not limited to injuries or death which may result from improper use of exercise equipment, my use of equipment which may malfunction and break or any other unspecified injury **WHETHER OR NOT SUCH CLAIM FOR DAMAGE, LOSS, INJURY OR DEATH ARE CAUSED OR CONTRIBUTED TO BY THE SOLE OR CONCURENT NEGLIGENCE, OMISSION, STRICT LIABILITY, OR FAULT OF FAST AND WHETHER OR NOT CAUSED BY A PRE-EXISTING CONDITION.**

**I ALSO AUTHORIZE THE USE OF PHOTO/VIDEO FOR ADVERTISING OF MY CHILD.**

**I WARRANT THAT I HAVE CAREFULLY READ THIS DOCUMENT AND KNOW ITS CONTENTS, AND THAT I HAVE EXECUTED THIS DOCUMENT VOLUNTARILY AND AS MY OWN FREE ACT. I EXECUTE THIS DOCUMENT FULLY INTENDING TO BE BOUND BY ITS TERMS.**

**Executed to be effective as of the date set forth below.**

\_\_\_\_\_  
Signature (of Guardian if participant is under 18 years)

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

SPRINT SPORT REHABILITAION and SPRINT SPORT PERFORMANCE are not responsible for injury resulting from the performance of any of these exercise routines. These training methods are only a suggestion. All exercise is performed at your own risk. Check with your personal physician before starting a new physical routine.