

## **CrossFit Kids 7220 Emergency Card/Photo Release/Waiver**

Name(s)

\_\_\_\_\_ DOB: \_\_\_\_\_ grade: \_\_\_\_\_ school: \_\_\_\_\_

\_\_\_\_\_ DOB: \_\_\_\_\_ grade: \_\_\_\_\_ school: \_\_\_\_\_

\_\_\_\_\_ DOB: \_\_\_\_\_ grade: \_\_\_\_\_ school: \_\_\_\_\_

allergies: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ phone: (\_\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact (if above cannot be reached): \_\_\_\_\_ phone: (\_\_\_\_\_) \_\_\_\_\_

Other than those listed above, the following people have my consent to pick up my child:

\_\_\_\_\_

What information do we need to know so that we may provide the best training for your child(ren). Include any injuries, behavioral concerns, or medical conditions:

\_\_\_\_\_

**CrossFit Kids 7220 strongly recommends that you clear your child's participation, in any exercise program, with their pediatrician. CrossFit 7220's services are not a substitute for professional medical advice. All known health and/or medical issues must be cleared by a physician for full participation.** I understand that exercises in these training sessions can be strenuous at times. There is an inherent risk in any exercise program that, while providing great health benefits, can also cause unintentional health issues. While CrossFit 7220 takes the utmost care to provide the safest program possible, I recognize and understand these training sessions are not without varying degrees of risk. Although extremely rare, these risks can result in critical injuries up to and including death. -I willingly assume full responsibility for any and all risks that I am exposing my child to as a result of their participation in CrossFit Kids and accept full responsibility for any injury or death that may result. With my full understanding of the above information, I agree to assume any and all risks associated with my child's participation in this strength and conditioning program. Release: In full consideration of the above mentioned risks and hazards, I hereby waive, release, remise and discharge Laramie Fit LLC, CrossFit 7220, CrossFit Kids and any agents, officers, principals, employees and volunteers of above mentioned entities, of any and all liability, claims, demands, action, or damages of any kind related to, arising from, or in any way connected with my child's participation in CrossFit Kids at CrossFit 7220. I have read and fully understand the foregoing assumption of risk and release of liability and I understand that by signing it obligates me to indemnify the parties named from any liability resulting in injury or death. I also take full responsibility for any property damage, injury or death caused by my child whether intentional or unintentional. I understand that by signing this form I am waiving valuable legal rights and I do so freely.

### ***Photography/Video Release***

Participants involved in any activities offered by CrossFit Kids 7220 may be photographed or videotaped. The undersigned hereby consents to the use of these photographs of their child and/or videos without consent or compensation on the CrossFit 7220 website and Facebook page or in any editorial, promotional or advertising material produced by CrossFit Kids 7220. Last names will not be posted. I CERTIFY THAT I HAVE READ THE CFKIDS POLICIES AND PROCEDURES AS WELL AS THIS DOCUMENT, AND I FULLY UNDERSTAND THEIR CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL AND CONSENT.

\_\_\_\_\_

Print name of Parent

Guardian Signature

Today's Date

