



Three Ships CrossFit

FULL AND COMPLETE RELEASE OF LIABILITY AND INDEMNITY AGREEMENT

FULL NAME: _____ TODAY'S DATE: _____
DOB: _____ EMAIL: _____ PHONE: _____

I, the undersigned (or legal guardian of the undersigned) recognize that there are risks in any adventure sport or activity associated with CrossFit / Weightlifting. I am fully aware of the possible risks and dangers inherent in participating in the sport of CrossFit / Weightlifting, including, but not limited to, possible falls, spills, collisions with weight, etc. Accordingly, I understand that I must control my intensity/speed at all times, anticipate the unexpected and that **I AM SOLELY RESPONSIBLE FOR MY OWN SAFETY**. I also understand that the workouts can be difficult and challenging.

Initial _____

I acknowledge that CrossFit / Weightlifting and related activities are **EXTREMELY HAZARDOUS** activities and that I have made a voluntary choice to participate in those activities despite the EXTREME risks that they present. In consideration of my being permitted to participate in CrossFit / Weightlifting I agree to **ASSUME ANY AND ALL RISK OF INJURY, DEATH, or RHABDOMYOLYSIS**, which might be associated with or result from my participation. *I have also been informed that other possible adverse changes such as abnormal blood pressure, fainting, disorder of heart rhythm, and stroke are possible.* I certify that I know of no medical problems that would increase my risk of illness and/or injury as a result of participation.

Initial _____

I hereby **RELEASE FROM LIABILITY AND AGREE TO INDEMNIFY AND HOLD HARMLESS** Three Ships CrossFit (Three Ships, LLC), and its owners, trainers, agents, landowners, affiliated companies and employees for any damage, injury, illness or death to myself or to any person or property, whether caused by NEGLIGENCE or for any other reason, in any way connected to the physical condition of the facility, training and adjacent areas.

Parent Responsibility to Supervise - *When I visit Three Ships CrossFit, or am involved in any related activity involving parental presence or participation, I understand and accept the responsibility, and any associated liability, of constantly supervising, controlling, and restricting activities as necessary to assure the safety of myself and any children I bring to the Three Ships CrossFit facility. I understand that Three Ships CrossFit is not a daycare center or babysitting facility. I am bringing my children at my own risk.*

Initial _____

I further hereby **RELEASE FROM LIABILITY AND AGREE TO INDEMNIFY AND HOLD HARMLESS** CrossFit Inc., and its owners, trainers, agents, landowners, affiliated companies and employees for any damage, injury, illness or death to myself or to any person or property, whether caused by **NEGLIGENCE** or for any other reason, in any way connected to the physical condition of the facility, training and adjacent areas.

Initial _____

If participant is a **MINOR**, in exchange Three Ships CrossFit making CrossFit / Weightlifting and related activities and facilities available, the undersigned **AGREES TO DEFEND AND INDEMNIFY** Three Ships CrossFit and CrossFit Inc. from any claim for personal injury, illness, death or property damage from said minor, even **AFTER** the minor has attained **MAJORITY** and to **HOLD** Three Ships CrossFit and CrossFit Inc., their representatives, trainers, agents, officers, directors, and employees **HARMLESS** from any claim, legal action, harm, injury damages or loss to personal and/or property made on behalf of the aforementioned minor or from **THIRD PARTIES** injured by the minor.

Initial _____

In exchange for Three Ships CrossFit making this facility and property available for CrossFit / Weightlifting, I **CONTRACTUALLY AGREE** that any and all disputes between myself and Three Ships CrossFit or CrossFit Inc. arising from participation in CrossFit / Weightlifting, and including any claims for personal injury and/or death, will be **GOVERNED BY THE LAWS OF THE COMMONWEALTH OF VIRGINIA and the EXCLUSION JURISDICTION** thereof will be in the state of federal courts of the **COMMONWEALTH of VIRGINIA**.

Initial _____

I, furthermore **RELEASE** Three Ships CrossFit and CrossFit Inc. to use **PHOTOGRAPHS** of me, my likeness on their website/or promotional material **STRICTLY FOR THE POSITIVE PROMOTION OF CROSSFIT AND ITS AFFILIATES**.

Initial _____

I, the undersigned, **HAVE READ AND UNDERSTAND** the terms of the above **FULL AND COMPLETE RELEASE of LIABILITY and INDEMNITY AGREEMENT** and I am signing it freely and of my own accord, realizing **IT IS BINDING** upon me, my heirs, assigns and, in the event that I am signing on behalf of **ANY MINORS**, that I have **FULL AUTHORITY TO DO SO REALIZING ITS BINDING EFFECTS ON THEM** as well as me. **I AM AWARE THAT THIS CONTRACT IS LEGALLY BINDING AND THAT BY SIGNING BELOW I AM WAIVING MY LEGAL RIGHTS AS WELL AS THOSE OF ANY MINOR FOR WHOM I AM SIGNING**.

Initial _____

If part of this agreement is deemed unenforceable, the remainder shall be an enforceable contract between the parties. **I AM AWARE THAT THIS CONTRACT IS LEGALLY BINDING AND THAT I AM RELEASING LEGAL RIGHTS BY SIGNING IT.**

Signature: _____