



## PEAK Athletics Training Participation & Liability Waiver

**Participant Name:** \_\_\_\_\_

### Definitions

Participant: Anyone participating in PEAK Athletics Training activities and/or operations.

### Acknowledgment of Risk

I acknowledge that participation in physical fitness, athletic training, and related activities carries inherent risks, including but not limited to injury, illness, muscle strain, heart complications, or other physical harm. These activities may include, but are not limited to, strength training, cardiovascular conditioning, high-intensity interval workouts, team or group classes, and use of fitness equipment. I understand these risks and voluntarily choose to participate in the training programs offered by PEAK Athletics Training.

### Assumption of Responsibility

I accept full responsibility for my health and well-being during participation. I agree to follow all safety instructions and to use equipment properly. I acknowledge that my participation is voluntary and that I assume all associated risks, whether arising from my own actions, those of other participants, or the acts or omissions of PEAK Athletics Training staff.

### Release of Liability & Indemnification

In consideration of being allowed to participate, I hereby release and discharge PEAK Athletics Training, its owners, employees, coaches, and affiliates from any liability, claims, or demands arising from participation, including injury, property damage, or death, whether caused by negligence or otherwise. I understand and agree that this release includes any claims based on the negligence, action, or inaction of PEAK Athletics Training, its employees, or representatives.

Participant Initials (acknowledging release of liability and negligence waiver): \_\_\_\_\_

### **Medical Disclosure**

I affirm that I am in good physical condition and capable of participating in physical activities. I have disclosed any medical conditions, injuries, or medications that may affect my ability to engage in training safely. I agree to notify PEAK Athletics Training of any changes to my health status.

### **Release of Health & Medical Information**

In consideration of being allowed to participate, I hereby release any medical information obtained in the health & fitness assessments to PEAK Athletics Training, its owners, employees, coaches, and affiliates for the purpose of gauging proper classroom placement.

### **Code of Conduct & Facility Rules**

I agree to uphold the values of respect, integrity, and accountability while using the facilities or participating in programs at PEAK Athletics Training. I will respect staff, coaches, equipment, and other participants, and understand that any form of misconduct may result in suspension or termination of privileges.

### **Minor Participant Clause**

If the participant is under the age of 18, this waiver must be signed by a parent or legal guardian. By signing below, I, the parent/guardian, consent to my child's participation in training at PEAK Athletics Training and accept full responsibility for any resulting injury, loss, or damage. I represent that I have full legal authority to consent on behalf of the minor participant.

### **Governing Law & Venue**

This agreement shall be governed by and construed in accordance with the laws of the State of Utah. Any disputes arising under or related to this agreement shall be resolved exclusively in the courts located in Utah County, Utah.

### **Severability & Entire Agreement**

If any portion of this agreement is found invalid or unenforceable, the remaining provisions shall continue in full force and effect. This document constitutes the entire agreement between the parties and supersedes any prior understandings or representations, whether oral or written.

**Acknowledgment & Signature**

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature (If applicable): \_\_\_\_\_  
Date: \_\_\_\_\_

PEAK Staff/Witness Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Emergency Contact Information**

Emergency Contact Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Relationship: \_\_\_\_\_

**PEAK Athletics Training | Raising the Standard. Building Peak Performance.**