



ACCIDENT WAIVER AND RELEASE OF LIABILITY FORM

I hereby assume all of the risks of participating in FOOTWORK LAB training sessions, including by
Name of Organization

way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them, or because of their possible liability without fault.

I certify that I am physically fit and have not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in **FOOTWORK LAB** training sessions. I acknowledge that this Accident Waiver and Release of Liability Form will be used by the organizers of **FOOTWORK LAB** in which I may participate and that it will govern my actions and responsibilities during all training sessions.

In consideration of my application and permitting me to participate in **FOOTWORK LAB** training sessions, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

- A. I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this **FOOTWORK LAB**. THE FOLLOWING ENTITIES OR PERSONS: FOOT WORK LAB, JASON SEALY, and/or their coaches, agents, representatives or volunteers.
- B. I INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in **FOOTWORK LAB** training sessions, whether caused by negligence or otherwise.

I acknowledge that **FOOTWORK LAB** training sessions may carry with it the potential for death, serious injury, and personal loss. The risks may include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of participants, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, and lack of hydration.

The accident waiver, release of liability and image release shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I CERTIFY THAT I HAVE READ THIS DOCUMENT, AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT ON MY OWN FREE WILL.

(PARTICIPANT SIGNATURE)

(PRINT NAME)

DATE