

## **BOOTCAMP Consent Form**

I \_\_\_\_\_ have agreed to participate in Boot Camp, an outdoor fitness program. The activities of Boot Camp include strength / resistance training (utilizing resistance tubing, dumbbells, medicine balls), running, agility drills, jumping, intense cardiovascular activities and flexibility training. Acknowledgment is hereby made that the activities of the camp will require me to spend time outside in the heat and / or cold. I further acknowledge that there are risks involved in participating in the boot camp. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, my physical condition, equipment, actions of other people including, but not limited to, participants, volunteers, and lack of hydration.

In consideration of my being accepted into the program, I agree to release and discharge Bridal Boot Camp / 'Fat Burning' Boot Camp dba Achieve Fitness Solutions LLC and any of its employees, contractors, volunteers and supervisors, and The City of Colorado Springs Parks and Recreation, from any injuries sustained by me as a result of participation in this program. I agree to indemnify and hold harmless, Bridal Boot Camp / 'Fat Burning' Boot Camp dba Achieve Fitness Solutions LLC, and any of its employees, contractors, volunteers and supervisors against any liability incurred as a result of such injury or loss. Fitness activities and programs require that I be in good health and have no condition that could endanger my well-being through participation. I will notify Bridal Boot Camp / 'Fat Burning' Boot Camp dba Achieve Fitness Solutions LLC of any such defects in writing prior to enrolling in this program.

The undersigned agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of myself.

Signature of participant \_\_\_\_\_

Date \_\_\_\_\_