

## Double Dragon/Warrior Performance Boot Camp/Strongman Waiver

I \_\_\_\_\_ accept the responsibility to ensure that I am medically and physically fit before entering into Boot Camp/Fitness camp/ Strongman Classes. I also undertake to inspect equipment thoroughly to satisfy myself that the equipment is safe and that the manner of my participation does not involve personal risk.

**VOLENTI NON FIT INJURIA.** [Latin: no wrong is done to one who consents] I understand and accept that the disciplines/camps/events involve unusual trials of strength and Fitness, which may place unusual, demands on the human physique that makes participation in the disciplines/camps/events especially hazardous.

And accordingly I agree that I am aware such risks and accept them, and will personally bear all consequences of any injury that I may sustain as a result of my participation in the disciplines/camps/events. Including all Losses, costs and expenses, which I may sustain as a result of any such Injury.

I also fully understand and agree with Double Dragon/Warrior Performance Health Policy and accept any consequence to myself of non-compliance.

I hereby expressly release Double Dragon/Warrior Performance, your servants, Trainers, agents, employees, contracts or other persons and entities involved with the disciplines/camps/events from any actions, claims, liabilities, losses, costs or expenses which might arise from such injury.

I further understand that Double Dragon/ Warrior Performance are not undertaking to provide the cost of any care or treatment that may be required in the event of injury and that, as between myself and Double Dragon/Warrior Performance, any insurance against the result of any such injury or disciplinary action is solely my responsibility.

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