

CAMPS & CLINICS WAIVER OF LIABILITY

Thank you for choosing to train with Make Yourself LLC! With any training program, there are risks, including increased heart stress and the chance of musculoskeletal injuries.

In participating in training, you agree to assume responsibility for these risks and waive any possibility for personal damage that may inadvertently be incurred. This waives liability from the site of participation and any coaches contracted or employed by Make Yourself LLC.

You agree that, to your knowledge, you have no limiting physical conditions or disability that would preclude exercise. Finally, you also agree that If you have any underlying conditions or prior injuries or illness that would not exclude you from participation, but that our training staff should know about before entering into this training program, you will notify them prior to the start of the first session.

COVID-19 CLAUSE: I understand that Make Yourself LLC will be closely following all Alaska state mandates regarding the health and safety of my child while participating in training during the fluid COVID-19 pandemic. I understand that Make Yourself LLC will be following the COVID-19 Mitigation Plan of the facility being used for training and acknowledge and agree that I understand the risk of my child participating in training during this time and waive any liability from Make Yourself LLC.

By signing below, you accept full responsibility for your own health and well-being and you acknowledge an understanding that no responsibility is assumed by Make Yourself LLC.

Participants name (print clearly)

Participants signature

Date

Parent/guardian's name (if needed)

Parent/guardian's signature

Date

STAY UP TO DATE

Would you like to be on my email list to stay up to date with events happening and helpful information for you (or) your athlete?

Yes please

Already on it

No thanks