

TEAM TRAINING ACKNOWLEDGEMENT FORM

Child/Participant Name: _____

By signing this agreement the member or guest represents that:

- They are the parent or legal guardians of the child/participant.
- The child/participant does not require any constant individual or specialized care or attention.

The member or guest acknowledges and agrees that:

- 24 Hour reserves the right, but is not obligated, to require written proof they are the parent or legal guardian.
- Participants ages 7– 12 years of age must be signed in and signed out by the parent or legal guardian.
- 24 Hour enforces a Sick Child Admittance policy.
- 24 Hour enforces a behavioral guideline for the protection of the participants and 24 Hour Fitness employees. This behavioral guideline covers all instances of profanity, biting, hitting, pinching, fighting or other acts that may cause physical or emotional pain to other participants or our employees. Depending on the severity of the situation or concern, 24 Hour reserves the right to deny further admittance to the Team Training Program at the sole discretion of the coaches, directors, or other representatives of the Team Training Program.
- It is their responsibility to ensure their child abides by the instruction of all coaches, directors, and representatives of the Team Training Program as well as employees of 24 Hour while in the facility or on the premises.
- Participants ages under 12 must be accompanied to restrooms during designated time frames. It is recommended participants use the restroom prior to start of workouts.
- **24 Hour will make every reasonable effort to accommodate the needs of all children, however 24 Hour is not staffed or equipped to provide services to anyone requiring constant individual or specialized care or attention.**
- 24 Hour team members or coaches may not administer medication to participants.
- Emergency services will be contacted in the event of a medical emergency. You further consent that the minor child may receive medical treatment deemed advisable by emergency service personnel, and that you will be responsible for any medical expenses incurred by the minor.
- 24 Hour has the right to refuse service to anyone for any reason, and the right to change or modify any of its policies and procedures at any time.

RELEASE OF LIABILITY / ASSUMPTION OF RISK INDEMNIFICATION

24 Hour Fitness Team Training Program is designed to work with athletes ranging from twelve to eighteen to assess various skills as well as improve speed, agility, and quickness. Individual performance enhancement will vary based on each individual participant and 24 Hour Fitness does not guarantee individual or team skill enhancement or performance based on participation in the Team Training Program. 24 Hour Fitness maintains a ratio of one (1) trainer per eight (8) athletes with total program size ranging based on each individual school and/or athletic program participation. The Team Training Program will be run primarily outside of 24 Hour Fitness premises, equipment, and facilities although if the need arises, athletes may occasionally attend workouts within a designated 24 Hour Fitness location. Workouts conducted within a designated 24 Hour Fitness location, will involve the use of 24 Hour Fitness premises, equipment, and facilities therein.

Participation in the 24 Hour Fitness Team Training Program and use of services and equipment involves the risk of injury to you or your child, whether you or someone else causes it. Specific risks range in severity from minor injuries to major injuries, such as catastrophic injuries including death. In consideration of you and/or your child's participation in the activities or program offered by 24 Hour Fitness, you understand and voluntarily accept this risk and agree that 24 Hour Fitness, its officers directors, employees, volunteers, agents, property owners and managers and independent contractors. 24 Hour Fitness will not be liable for any injury, including, without limitation, personal, bodily, or mental injury, economic loss or any damage to your or your minor child resulting from the negligence of 24 Hour Fitness or anyone on 24 Hour Fitness' behalf or anyone else whether related to participation in the 24 Hour Fitness Team Training Program or not. You understand and acknowledge that 24 Hour Fitness is providing recreational services and may not be held liable for defective products.

You understand that you and/or your child(ren) may be photographed, videotaped, or otherwise recorded, and you agree on behalf of yourself and/or your child(ren) that 24 Hour Fitness may use your and/or your child(ren)'s name and likeness (in any form and without regard to distortions of character, form or color, or any other alteration) in photographs, videotapes, audiotapes, and other media, without any additional consideration to you and/or your child(ren) or to any third party.

By signing below, you agree to the terms of this Release of Liability and Assumption of Risk on behalf of yourself and your minor child. You also represent that you are the parent or legal guardian of the program participant. You also agree to defend and indemnify 24 Hour Fitness from and against any claims, demands, causes of actions or lawsuits brought by the child or on his or her behalf for injuries or other damages whether or not caused by the negligence or other conduct of 24 Hour Fitness.

I have read and agree to abide by the 24 Hour Fitness Team Training Program Agreement printed above.

By initialing here, I acknowledge I have received a copy of the aforementioned rules acknowledgement and release of liability and assumption of risk indemnification.

Parent/Legal Guardian (Print Name)

Signature

Date