TEST YOUR METAL FITNESS & PERFORMANCE
WAIVER, RELEASE & ACKNOWLEDGMENT OF RISK

This waiver covers participation in activities and use of Test Your Metal Fitness & Performance facilities, including the gym and Turf Rooms.

1. VOLUNTARY PARTICIPATION & ASSUMPTION OF RISK

I voluntarily participate in activities and/or use the facilities, equipment and services of Test Your Metal Fitness & Performance ("TYM"), including the gym and Turf Rooms. Activities may include CrossFit, strength and conditioning, weightlifting, gymnastics, cardiovascular exercise, open gym, sports training, team practices, clinics and other fitness or athletic activities. These activities can be strenuous and involve inherent risks, including falls, collisions, equipment-related injuries, muscle or joint injuries, illness, serious injury, disability or death. I knowingly and voluntarily assume these risks.

Initials: _____

2. RELEASE, WAIVER & INDEMNIFICATION

To the fullest extent permitted by law, I release, waive and discharge TYM and its owners, officers, employees, coaches, contractors, agents and representatives from claims or liabilities arising from my participation or use of TYM facilities, equipment or services, including claims arising from ordinary negligence. I agree to indemnify and hold the released parties harmless from related claims, costs, damages or expenses, except where prohibited by law.

Initials: _____

3. HEALTH & MEDICAL RESPONSIBILITY

I represent that I am physically able to participate, or that I am the parent/legal guardian authorized to sign for the minor named below. I am responsible for determining whether participation is appropriate and for obtaining medical clearance when needed. Information provided by TYM, its coaches or staff is general fitness or athletic information, not medical diagnosis, treatment or individualized medical advice.

Initials: _____

4. PHOTO / MEDIA RELEASE

I permit TYM to photograph or record me/the minor participant during gym, Turf, training or related activities and use those images or recordings for TYM promotional, social media, website or marketing purposes without compensation. TYM will not intentionally publish a minor's last name with an image. If I do not consent, I will write "NO" next to my initials below.

Initials: _____

ACKNOWLEDGMENT

I HAVE READ THIS WAIVER, UNDERSTAND ITS TERMS, UNDERSTAND THAT I AM GIVING UP CERTAIN LEGAL RIGHTS, AND SIGN IT FREELY AND VOLUNTARILY.

Participant Name (Print): _____ Date of Birth: _____

Participant Signature: _____ Date: _____

Name of Minor (if applicable): _____ Minor Date of Birth: _____

Parent / Guardian Name (Print): _____ Relationship to Minor: _____

Parent / Guardian Signature: _____ Date: _____

Emergency Contact / Phone: _____ Participant Phone / Email: _____

For a minor participant, the parent/legal guardian signing above authorizes the minor to participate in TYM activities and use the gym and Turf facilities and agrees to this waiver on the minor's behalf to the fullest extent permitted by law.