

MINOR HEALTH & FITNESS LIABILITY WAIVER

I, _____ (parent/legal guardian) consent to the following
for _____ (minor child):

My child is voluntarily participating in an exercise class, cardio training, strength training, or personal training program at The Body Shop Gym & Spa in conjunction with the North Tama Community School's weightlifting program.

I recognize that the programs/classes require physical exertion that may be strenuous at times and may cause physical injury, and I am fully aware of the risks and hazards involved.

I understand that it is my responsibility to consult with a physician prior to and regarding my child's participation in the above programs/classes or use of equipment. I represent and warrant that my child has no medical condition that would prevent his/her participation in the programs/classes.

I agree to assume full responsibility for any risks, injuries, or damage known or unknown that my child may incur because of participating in the programs, classes, or use of equipment. Such injuries may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to the back, injuries to the foot, or any other illness or soreness, including death.

I knowingly voluntarily and expressly waive any claim I may have against The Body Shop Gym & Spa or any instructor, employee, officers, owners, personal trainers, or volunteer of The Body Shop Gym & Spa for injury or damages that my child may sustain because of participating in the programs, classes or by use of equipment.

I, my heirs or representatives forever release waive, discharge, and covenant not to sue The Body Shop Gym & Spa, its employees, officers, owners, and sub-contractors for any injury or death caused by their negligence or other acts. I understand that misuse of equipment may result in injury.

I understand the minor membership policies set by The Body Shop Gym & Spa. I understand that failure to follow these policies or misuse of equipment is a direct violation of the membership agreement and may result in revocation of my membership, my child's membership and/or family's membership.

I consent to allow The Body Shop Gym & Spa to collect my child's photograph, by capturing my image at The Body Shop Gym & Spa to identify him/her as a member, volunteer, or program participant. The Body Shop Gym & Spa periodically takes pictures or videos of The Body Shop Gym & Spa members and people participating in programs/classes to use for promotional purposes and programming materials including social media and The Body Shop Gym & Spa website.

I have read the above waiver and release of liability and fully understand its contents. I voluntarily agree with the terms and conditions stated above.

Parent/Guardian Signature: _____

Date: _____

Parent/ Guardian Name (Print): _____

Minor Name: _____ DOB: _____

Minor Member Signature: _____