



Please read carefully.

**Liability Release and The Assumption of Risk For Participants Under 18**

In and for consideration of N.E.S.T. (N.E.S.T.), Revolution Fitness (the gym), and it's parent company, Get Your Back on Track, LLC, (the company) allowing the participation of my child, or children in training, recreational, and any and all other activities at facilities or events, indoor or outdoor, operated by the N.E.S.T., Gym and the Company, I, on my child's behalf and on behalf of his/her and my heirs, devisees, agents and/or representatives, and each of them hereby release and indemnify the N.E.S.T.,Gym and the Company and its members, managers, employees, volunteers, trainers, trustees, beneficiaries, successors, assigns, agents and/or representatives and each of them of and from all liability for personal injuries my child may suffer arising out of, or in any way related to, my child's use of the facilities operated by the N.E.S.T., Gym and the Company.

I understand that my child's participation in obstacle courses, weight lifting, fitness classes, personal training, and any and all other activities at the facility operated by the N.E.S.T.,Gym and the Company is at his/her own risk. The risks include but are not limited to: falling off of obstacles, loose or damaged training equipment or obstacles, falling to the ground, falling on others, or being fallen on by others; training out of control or beyond one's personal limits. I agree to pay attention to the state of equipment and obstacles in the gym and to advise staff if I do any damage or notice any damage. Furthermore, N.E.S.T., the Gym and the Company trainers may be unaware of a participant's fitness or abilities. I agree to participate in all activities at my own risk and to be aware of my own personal limitations. I also understand that no assurance guaranteeing my child's safety is being made by the N.E.S.T., Gym, the Company or its members, managers, employees, volunteers, trainers, agents and/or representatives.

- I agree to observe and obey all rules and warnings, and further agree to follow any oral instructions or directions given by N.E.S.T., Gym and the Company trainers, event staff and volunteers
- I understand that my child's participation in obstacle courses, agility and strength exercises, and any and all other activities at the facility operated by the N.E.S.T., Gym and the Company could result in physical or injury, paralysis, death, or damage to my child, to property, or third parties.

\_\_\_\_\_  
Participants Name

\_\_\_\_\_  
Age

***By signing this form you are waiving all rights to compensation in case of injury.***

Parent/ Guardian

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Phone Number \_\_\_\_\_

In case of emergency – Name & Phone \_\_\_\_\_