



Waiver of Liability

DATE: \_\_\_\_\_

Client name: \_\_\_\_\_ Telephone number(s): \_\_\_\_\_

Mailing address: \_\_\_\_\_

E-mail address: \_\_\_\_\_

In case of emergency, please contact:

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

Telephone number(s): \_\_\_\_\_

Prior / existing medical condition: \_\_\_\_\_

Prior / existing joint problems (knees, shoulders, back, etc.): \_\_\_\_\_

Any allergies: \_\_\_\_\_

**THIS AGREEMENT AFFECTS YOUR LEGAL RIGHTS. READ IT CARFEULLY!**

You, the client, are aware that there are risks associated with participating in fitness activities and exercise. Your participation is completely voluntary, and you freely accept and fully assume all responsibility for all risks, and all possibilities of personal injury, death, property damage or loss to yourself or any other person as a result of your participation in fitness activities. You and your heirs, next of kin, executors, administrators and assigns agree:

(a) to waive all claims, known or unknown, that you have or may have in the future against Ultimate FITNESS ultime Inc., or any of its shareholders, CrossFit Dieppe and any trainer, including their owners, officers, directors, agents, employees, volunteers, business operators, independent contractors and site property owners or lessees;

(b) that Ultimate FITNESS ultime Inc. and any of its shareholders, CrossFit Dieppe, and any trainer are not liable or responsible for any damage to, loss or theft of your property;

(c) to release and forever discharge Ultimate FITNESS ultime Inc. and any of its shareholders, CrossFit Dieppe, and any trainer from all liability for any personal injury, death, property damage or loss resulting from your participation in fitness activities due to any cause, including but not limited to negligence (failure to use such care as reasonably prudent and careful person would use under similar circumstances), breach of any duty imposed by law, breach of contract or mistake in error of judgment of Ultimate FITNESS ultime Inc. and any of its shareholders, CrossFit Dieppe, and any trainer; and

(d) to be liable for and to hold harmless and indemnify Ultimate FITNESS ultime Inc. and any of its shareholders, CrossFit Dieppe, and any trainer from all actions, proceedings, claims, damages, costs demands, including court costs on a solicitor and own client basis, and liabilities of whatsoever nature or kind arising out of or in any way connected with your participation in fitness activities.

Please consult your physician prior to starting an exercise or fitness program, and prior to using this Facility.

By signing this waiver, authorization is hereby granted to Ultimate FITNESS ultime Inc. doing business as CrossFit Dieppe on its website and YouTube.ca pictures and video clips of me taken during the execution of a workout session.

I am 18 years of age or older and I have read the above policies and agree to its terms as it applies to my personal training.

Client Signature: \_\_\_\_\_

**\*\*\*\*\*If client is under 18 years of age, client's Legal Guardian must sign section below\*\*\*\*\***

Guardian Name: \_\_\_\_\_ relationship: \_\_\_\_\_

Guardian signature: \_\_\_\_\_

**Physical Activity Readiness Questionnaire  
PAR-Q**

For most people physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide in answering these few questions. Please read them carefully and check the **yes** or **no** opposite the question if it applies to you.

YES NO

- 1. Has your doctor ever said you have heart trouble?
- 2. Do you frequently have pains in your heart and chest?
- 3. Do you often feel faint or have spells of severe dizziness?
- 4. Has a doctor ever said your blood pressure was too high?
- 5. Has your doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise?
- 6. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
- 7. Are you over age 65 and not accustomed to vigorous exercise?

If you answered **YES** to one or more questions...if you have not recently done so, consult with your personal physician by telephone or in person before increasing your physical activity and/or taking a fitness test.

If you answered **NO** to all questions...If you answered PAR-Q accurately, you have reasonable assurance of your present suitability for an exercise test.