

PowerBox 360

NEW ATHLETE WAIVER FORM



Name: _____ Date of Birth (<18): _____

Address: _____

City/State: _____

Zip: _____ Phone Number: _____

How did you hear about PowerBox 360? _____

EMERGENCY CONTACT: _____

PHONE NUMBER: _____

ASSUMPTION OF RISK, WAIVER, RELEASE

I hereby acknowledge on behalf of myself, that attending classes, activities, events, or other programs using the premises, facilities, and equipment of Power Vida LLC/DBA PowerBox 360, that there are certain inherent risks and dangers associated with these activities, sessions, classes, programs and events.

I acknowledge that performance training, the use of an Ascent Trainer, and use of other exercise equipment like hand weights, battle ropes, tires and resistant bands are considered strenuous activities and have inherent risks associated with them. I also recognize and acknowledge that engaging in hot yoga and hot barre requires physical exertion, which may be strenuous and difficult.

I represent and warrant that I am physically capable and have no medical condition that would prevent me from full participation in PowerBox 360 programs, classes and sessions. I will advise the teacher(s) of any injuries or concerns I have or may develop. I will advise the teacher and front desk staff in writing if I am taking any medication.

I am fully aware of the risks and hazards involved and that levels of risk vary from one activity to another. Injuries may result in:

- 1: Sprains, bruises, scratches, tears, fractures and breaks.
- 2: Major injuries such as back injuries, heart attacks, and concussions.
- 3: Catastrophic injuries including paralysis and death.

I agree to stay fully hydrated. I understand that it is my responsibility to care for my body and to take specific breaks as needed. I assume full responsibility for any risks, injuries or damages, known or unknown, which I may incur by participating in aforementioned activities, classes, sessions and events.

I understand that PowerBox 360 memberships are non-refundable and non-transferrable. PowerBox 360 and it's directors/staff are not responsible for lost or damaged belongings and personal items.

New Athlete Signature: _____ Date Signed: _____