

Minor's First &amp; Last Name: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent/Guardian First &amp; Last Name: \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Minor Email (optional) \_\_\_\_\_

Parent/Guardian email: \_\_\_\_\_

Would you like to be added to Ronin's email list and stay informed of future Ronin Training special events (I.e. "Spartan Challenge, Marine Combat Fitness Test, Wilderness survival Treks, Membership specials, Adventure Races)

Y\_\_\_\_\_ N\_\_\_\_\_ How did you hear about us?: \_\_\_\_\_

In an emergency, I would like Ronin Training to call: \_\_\_\_\_ Phone# \_\_\_\_\_

**IMPORTANT INFORMATION ABOUT YOU AND YOUR CHILD'S HEALTH:**

The services provided by Ronin Training are not a substitute for professional medical advice or a medical examination. Prior to participating in any program, activity, or exercise you and your child should seek the advice of your physician and other qualified health-care professionals. Application or reliance on the techniques, advice, ideas, suggestions of any person associated with Ronin Training are at the sole discretion and risk of the participant and his/her guardian. I will notify Ronin Training in writing if I or my child become unable to participate in an activity due to some physical or mental considerations.

**Photography/Video/Image Release**

I do hereby give Ronin Training the irrevocable right to use my name and picture or my child's name and picture in all forms and media and in all other manners, including composite representations, for advertising, trade, or any other lawful purposes, and I waive my right to inspect or approve the finished versions.

Participant Initials: \_\_\_\_\_ Parent/Guardian initials: \_\_\_\_\_

**Please read carefully before signing-Assumption of Risk, Release of Liability, and Hold Harmless Agreement**

I \_\_\_\_\_, the undersigned, acknowledge that I have voluntarily elected to participate in the disciplines and activities of Ronin Training on behalf of my minor.

I understand that the disciplines of CrossFit, Martial Arts, Parkour, Freerunning, yoga, and other training events and practices (collectively referred to as "Authentic Fitness"), can be dangerous and involve risks of injury and death. I understand that the moves involved in Authentic Fitness such as running, jumping, climbing, lifting, grappling, vaulting and other strenuous movements entail certain risks that are unpredictable. **The risks of such movements involved in high-intensity, high-impact activities may include, among other things:** slips and falls; falling from equipment; rope burns; pinches; scrapes; twists and jolts that could result in scratches, bruises, sprains, lacerations, fractures, concussions, broken bones, muscular soreness; wrist, arm and shoulder injuries; musculoskeletal injuries including head, neck, back; injuries to internal organs; the negligence of other people; my own physical condition; and the risk of emotional and psychological injuries or physical damage associated with this activity. Traveling to and from events and training activities raises the possibility of any manner of transportation accidents. Parent/Guardian initials: \_\_\_\_\_

**I agree to cease activity immediately if I feel faint, lightheaded, weak, or in pain. I certify that I am in good physical condition and that I am aware of no physical impairments, illness, or injuries that prevent me from participating in any activities at Ronin Training.** Ronin Training employees are highly skilled and professionally

trained. They seek safety first above all else, but they are not infallible. They might be unaware of a participant's true fitness or abilities. They might misjudge the weather, surfaces, or other environmental conditions. **It is ultimately up to me and not the instructors, to discontinue activity if I feel that the environment, a physical condition, the actions of myself or others, or any other reason, prohibits safe training.**

I understand and acknowledge that my participation in Authentic Fitness may involve risk of serious injury or death resulting from the actions, inactions, or negligence of myself and others, the condition of the facilities, equipment, or areas where Authentic Fitness takes place, and/or the physically demanding nature of Authentic Fitness. **I or my Parent or Guardian, where applicable, warrant and promise that I assume full responsibility for my conduct and safety at all times, whether or not in actual participation and/or during training in Authentic Fitness at any site(s).** I understand that this activity takes place on and off the Ronin Training premises. **Parent/Guardian Initials:** \_\_\_\_\_

I understand and agree that neither Ronin Training, nor any of its owners, directors, employees, participants, volunteers, sponsors, advertisers, and if applicable, owners and lessors of the premises on which the Event(s) takes place (collectively and hereinafter "Releasees") or agent may be held liable for any claims or causes of action, and I personally assume full responsibility for any risks or loss, property damage, stolen property or personal injury, including death, that may be sustained by me as a result of my participation in any activity at Ronin Training whether foreseeable or unforeseeable. **I agree to use my personal medical insurance as a primary medical coverage payment if accident or injury occurs.**

**I give full permission for myself, or, if I am signing on behalf of a minor child, for any person connected with Ronin Training to administer first aid deemed necessary,** and in case of serious illness or injury, I give permission to call for medical and or surgical care for the minor or myself and to transport the minor or myself to a medical facility deemed necessary for the well being of the minor or myself. I agree to indemnify Ronin Training for any and all claims brought on my behalf or on the behalf of the named minor by any person acting on myself or my child's behalf; **I accept responsibility for all medical expenses incurred by myself or my child in connection with Authentic Fitness or the use of the Ronin Training facilities.** **Parent/Guardian Initials:** \_\_\_\_\_

The participant recognizes that there is risk involved in all types of activities offered by Ronin Training and that such risks cannot be eliminated without jeopardizing the essential qualities of the activity. **Therefore the participant accepts full financial responsibility for any injury that the participant may cause either to him/herself or to any other participant due to his/her negligence.** Should the above mentioned parties, or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless Ronin Training, its "Releasees" and other participants from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in activities offered by Ronin Training, at the main building or abroad. This includes but is not limited to parks, recreational areas, playgrounds, areas adjacent to the main building, trails, and/or any other areas selected for an activity by Ronin Training.

**I have read the foregoing assumption of risk, and release of liability, and by signing it I acknowledge that I fully understand its terms. I have signed it freely and voluntarily without any inducement, assurance, or guarantee being made to me. I understand that by signing this form I am waiving valuable legal rights, and intend my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.**

Name of participant: \_\_\_\_\_ Date \_\_\_\_\_

Participant signature: \_\_\_\_\_

Name of Parent/Legal Guardian if participant is under 18: \_\_\_\_\_

Signature of Parent/Legal Guardian if participant is under 18: \_\_\_\_\_

Signature of representative for Ronin Training: \_\_\_\_\_