

**Surfia's Boot Camp Fitness Exercise Class Liability Release, Waiver, Discharge and Covenant Not to Sue.**

This is a legally binding Release, Waiver, Discharge and Covenant Not to Sue (collectively, "Release"), made voluntarily by me the undersigned Releasor, on my own behalf of my heirs, executors, administrators, legal representatives and assigns to Surfia's Boot Camp and/or Carteret County Parks & Recreation.

I, \_\_\_\_\_ hereby consent to voluntarily engage in an exercise conditioning class that includes, but is not limited to the following activities:

*Walking / jogging / running / sprinting / jumping , going up and down bleacher stairs, jump rope, lunging, squatting, balance work, calisthenics with medicine balls, kettlebell lifting, exercise bands, tubing, sledge hammers, agility, endurance, resistance, speed, stretching, abdominal and functional training equipment and work.*

The levels of exercise that I will perform will be at my own pace, based upon my cardio respiratory (heart and lungs) fitness, muscular strength and endurance. I understand that there are risks that may be associated with any exercise program. I hereby state that I will inform Surfia's Boot Camp of any symptoms during my participation in the exercise class that occur such as fatigue, shortness of breath, chest discomfort, or any pain or discomfort for my safety and benefit.

I will be given instructions on how to perform an exercise and will ask any questions of a Surfia's Boot Camp staff if I do not understand. Surfia's Boot Camp staff will provide leadership to direct my actives, monitor my performance, and otherwise evaluate my effort.

If I have high blood pressure, diabetes, a heart condition, or if I am taking any prescribed medications that will affect my performance in an exercise class, I will inform a Surfia'a Boot Camp staff person prior to participating in the class.

**IMPORTANT NOTE:** Depending on my heath status, if I am 50 years of age, 50 lbs overweight, if I have any of the above conditions, or other medical conditions that would put me at risk in an exercise program, I will need a medical release from my doctor prior to participation in the exercise class.

I acknowledge that any type of exercise involves a risk of injury. Surfia's Boot Camp and/or Carteret County Parks & Recreation shall not be liable for any injuries or damage to the undersigned, or the property of the undersigned, subject to any claim, demand, injury or damages whatever, including, without limitation, those damages resulting from acts of active or passive negligence on the part of the class participant. As the undersigned Releasor, I recognize that this Release means I am giving up, among other things, all rights to sue Releases for injuries, damages or losses I may incur. I also understand that this Release binds my heirs, executors, administrators, legal representatives and assigns, as well as myself.

*continued on next page*

