

Instruction: 1. Read in full. 2. Understand. 3. Sign & Date 4. Return in-person, or via email to:
LosAngelesDoubleDutchClub@gmail.com ; **SUBJECT - (FULL NAME + "RELEASE")**

L.A. DOUBLE DUTCH CLUB, CAMP & TRAINING

Full Name of Participant (print): Age:

Under age 18?

Full Name of Guardian: Age:

- PARTICIPATE AT YOUR OWN RISK**
MUST SIGN BOTH SECTIONS TO PARTICIPATE
- **WAIVER & RELEASE OF LIABILITY FORM**
 - **PHOTO & VIDEO RELEASE FORM**

WAIVER & RELEASE:

Because physical exercise can be strenuous and subject to risk of serious injury, we urge you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You agree that by participating in physical exercise or training activities, you do so entirely at your own risk. Any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and use of these facilities and premises and assume all risks of injury, illness, or death. We are also not responsible for any loss of your personal property.

You acknowledge that you have carefully read this "waiver and release" and fully understand that it is a release of liability. You expressly agree to release and discharge the trainer or instructor from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against the trainer or instructor for personal injury or property damage.

PARENT/GUARDIAN OR PARTICIPANT 18+ (INITIAL):

PHOTO & VIDEO RELEASE FORM:

I hereby give permission for images of myself, captured during a L.A. Double Dutch Club &/or Camp, Training or Event (Event) through video, photo and digital camera, to be used solely for the purposes of the L.A. Double Dutch Club &/or Camp's (Organization) promotional material and publications, and waive any rights of compensation or ownership thereto.

To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Full Name of Participant (print): [REDACTED] **Age:** [REDACTED]

Dated: / /

Signature of Participant (Age 18+):

Under age 18?

Full Name of Guardian: _____ Age: _____

Dated: / /

Signature Guardian: