

Please initial after each section and sign at the bottom. Print and bring this form to our first session together. Thank you!

FRONT FOUR FOOTBALL 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. You agree that you are voluntarily participating in these activities, and the 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 Front Four Football and their trainers and instructors, from any and all claims or causes of action. You agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against the trainers or instructors for personal injury or property damage. * _____

You understand that it is your responsibility to inform the trainer/instructor of any new conditions or changes to your health, now and ongoing, which may affect your ability to exercise safely and with minimal risk of injury. * _____

Fees are due in advance of training sessions and are non-refundable. * _____

You give permission for Front Four Football and its assigns and successors, your consent to use yours and your child's name, photographs, videos, voices, and biography in any and all media, publications, advertising and publicity in connection with your participation with Front Four Football. * _____

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

Printed Name (Parent if athlete is under 18 years): _____

Signed: _____

Athlete's Name: _____

Dated: _____



