



Three Ships Collective

Full and complete release of liability
and indemnity agreement.

FULL NAME: _____ TODAY'S DATE: _____
DOB: _____ EMAIL: _____ PHONE: _____

I, the undersigned (or legal guardian of the undersigned) recognize that there are risks in any adventure sport or activity associated with High-Intensity Training / Weightlifting. I am fully aware of the possible risks and dangers inherent in participating in High-Intensity Training/ Weightlifting, including, but not limited to, possible falls, spills, collisions with weight, etc. Accordingly, I understand that I must control my intensity/speed at all times, anticipate the unexpected and that **I AM SOLELY RESPONSIBLE FOR MY OWN SAFETY**. I also understand that the workouts can be difficult and challenging.

Initial _____

I acknowledge that High-Intensity Training / Weightlifting and related activities are **EXTREMELY HAZARDOUS** activities and that I have made a voluntary choice to participate in those activities despite the EXTREME risks that they present. In consideration of my being permitted to participate in High-Intensity Training / Weightlifting I agree to **ASSUME ANY AND ALL RISK OF INJURY, DEATH, or RHABDOMYOLYSIS**, which might be associated with or result from my participation. *I have also been informed that other possible adverse changes such as abnormal blood pressure, fainting, disorder of heart rhythm, and stroke are possible.* I certify that I know of no medical problems that would increase my risk of illness and/or injury as a result of participation.

Initial _____

I hereby **RELEASE FROM LIABILITY AND AGREE TO INDEMNIFY AND HOLD HARMLESS** Three Ships Collective (Three Ships, LLC), and its owners, trainers, agents, landowners, affiliated companies and employees for any damage, injury, illness or death to myself or to any person or property, whether caused by NEGLIGENCE or for any other reason, in any way connected to the physical condition of the facility, training and adjacent areas.

Parent Responsibility to Supervise - *When I visit Three Ships Collective, or am involved in any related activity involving parental presence or participation, I understand and accept the responsibility, and any associated liability, of constantly supervising, controlling, and restricting activities as necessary to assure the safety of myself and any children I bring to the Three Ships Collective facility. I understand that Three Ships Collective is not a daycare center or babysitting facility. I am bringing my children at my own risk.*

Initial _____

If participant is a **MINOR**, in exchange Three Ships Collective making High-Intensity Training / Weightlifting and related activities and facilities available, the undersigned **AGREES TO DEFEND AND INDEMNIFY** Three Ships Collective from any claim for personal injury, illness, death or property damage from said minor, even **AFTER** the minor has attained **MAJORITY** and to **HOLD** Three Ships Collective, their representatives, trainers, agents, officers, directors, and employees **HARMLESS** from any claim, legal action, harm, injury damages or loss to personal and/or property made on behalf of the aforementioned minor or from **THIRD PARTIES** injured by the minor.

Initial _____

In exchange for Three Ships Collective making this facility and property available for High-Intensity Training / Weightlifting, I **CONTRACTUALLY AGREE** that any and all disputes between myself and Three Ships Collective arising from participation in High-Intensity Training / Weightlifting, and including any claims for personal injury and/or death, will be **GOVERNED BY THE LAWS OF THE COMMONWEALTH OF VIRGINIA** and the **EXCLUSION JURISDICTION** thereof will be in the state of federal courts of the **COMMONWEALTH of VIRGINIA**.

Initial _____

I, furthermore **RELEASE** Three Ships Collective to use **PHOTOGRAPHS** of me, my likeness on their website/or promotional material **STRICTLY FOR THE POSITIVE PROMOTION OF CROSSFIT AND ITS AFFILIATES**.

Initial _____

I, the undersigned, **HAVE READ AND UNDERSTAND** the terms of the above **FULL AND COMPLETE RELEASE of LIABILITY and INDEMNITY AGREEMENT** and I am signing it freely and of my own accord, realizing **IT IS BINDING** upon me, my heirs, assigns and, in the event that I am signing on behalf of **ANY MINORS**, that I have **FULL AUTHORITY TO DO SO REALIZING ITS BINDING EFFECTS ON THEM** as well as me. **I AM AWARE THAT THIS CONTRACT IS LEGALLY BINDING AND THAT BY SIGNING BELOW I AM WAIVING MY LEGAL RIGHTS AS WELL AS THOSE OF ANY MINOR FOR WHOM I AM SIGNING**.

Initial _____

If part of this agreement is deemed unenforceable, the remainder shall be an enforceable contract between the parties. **I AM AWARE THAT THIS CONTRACT IS LEGALLY BINDING AND THAT I AM RELEASING LEGAL RIGHTS BY SIGNING IT.**

Signature: _____ Date: _____