



## Please read carefully

### Liability Release and The Assumption of Risk for All Participants

In and for consideration of NEST Community Learning Center (NEST) allowing me and my children (we/us/our) to participate in training, recreational, and any and all other activities at facilities or events, indoor or outdoor, operated by NEST, I, an adult signing below, on behalf of myself, my children, and the heirs, devisees, agents and/or representatives of myself and my children hereby release and indemnify NEST and its employees, volunteers, trainers, trustees, beneficiaries, successors, assigns, agents and/or representatives and each of them of and from all liability for personal injuries that I or my children might suffer arising out of, or in any way related to, our use of the facilities and events operated by NEST.

I understand that our participation in obstacle courses, weightlifting, fitness classes, personal training, and any and all other activities at the facility or event operated by NEST, is at our own risk. The risks include but are not limited to: falling off of obstacles, loose or damaged training equipment or obstacles, falling to the ground, falling on others or being fallen on by others, and training out of control or beyond one's personal limits.

I understand that our participation in obstacle courses, agility and strength exercises, and any and all other activities at the facility or event operated by NEST could result in physical or injury, paralysis, death, or damage to my child, to property, or third parties

We agree to pay attention to the state of equipment and obstacles provided by NEST and to advise staff if any of us do any damage or notice any damage. Furthermore, I understand that NEST might be unaware of our fitness or abilities. We agree to participate in all activities at our own risk and to be aware of our own personal limitations. We also understand that no assurance guaranteeing our safety is being made by NEST or its employees, volunteers, trainers, agents and/or representatives. We agree to observe and obey all rules and warnings, and further agree to follow any oral instructions or directions given by NEST, trainers, event staff and volunteers

#### **Participants under 18 for whom you are the parent/legal guardian**

Participant Name \_\_\_\_\_ Age \_\_\_\_\_ Participant Name \_\_\_\_\_ Age \_\_\_\_\_

Participant Name \_\_\_\_\_ Age \_\_\_\_\_ Participant Name \_\_\_\_\_ Age \_\_\_\_\_

#### **By signing this form, you are waiving all rights to compensation in case of injury**

Parent/Guardian Name: \_\_\_\_\_ Signature \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Signature \_\_\_\_\_

Address \_\_\_\_\_ Phone Number \_\_\_\_\_

Email \_\_\_\_\_ Date \_\_\_\_\_

In case of emergency – Name & Phone \_\_\_\_\_