



CAMPER RELEASE AND WAIVER Please Read Carefully

Before engaging in any physical fitness program, you should consult with your personal physician and advise them of the nature of the program. Camper/visitor/guest agrees that all exercises and/or courses are undertaken at his/her own risk.

The camper/visitor/guest understands the procedures and exercises involved in instruction and participation as explained to him/her by a representative of Rogue Valley Fitness Training's Boot Camp Conditioning Class.

The camper/visitor/guest understands that there is a risk of personal injury involved in the course of instruction and with his/her knowledge agrees to indemnify and hold harmless Rogue Valley Fitness Training, its instructors, employees and representatives from all losses caused by accident or injury to the camper/visitor/guest, or to a third person, who may be a camper/visitor/guest of the camp, in the event that either the camper/visitor/guest or said third person is injured in any way during the performance and execution of exercises, I agree and understand that Rogue Valley Fitness Training, its instructors, employees or agents shall not be held liable or responsible for personal injuries or damaged or stolen articles inside or outside of the camp.

I, THE UNDERSIGNED THOROUGHLY agree to and UNDERSTAND THE INFORMATION STATED ABOVE;

Agreed and ACCEPTED BY
(Print Name)

IF UNDER 18 PARENT/ Guardian

(Sign Name)

Date

Age

Phone Number

E-mail