

Sport Science Performance Training Liability Waiver

Waiver & Release of Liability:

I understand that participating in Sport Science Rehab and Performance and HW Health exercise programs may involve inherent risks and dangers. I also understand that even when reasonable precaution is taken, risk remains inherent and accidents and/or injury can still occur. I acknowledge that I am a willing and voluntary participant in such activities, that I am aware of these risks and accept all responsibility for any damages or personal injury that may occur as a result of my participation.

Waiver & Release of Liability:

I declare myself to be physically sound and suffering from no condition, impairment, disease or other illness that would prevent my participation in any programs at Sport Science Rehab and Performance. I acknowledge that it is my responsibility to monitor my own condition and share pertinent medical information with the staff, should it present an impediment to safe participation in center activities. Furthermore, I agree should that be the case, that I will cease participation in such activities until such time as I secure and present a signed authorization form from my physician.

Release, Waiver, and Covenant Not to Sue

The undersigned releases and waives any claims or actions against HW Health and Sport Science Rehab and Performance, and its directors, contractors and employees (the "Released Parties") from any causes of action, claims, or demands of any nature whatsoever, including, but in no way limited to, claims of negligence, which she/he, or her/his successors, may have, now or in the future, against any of the Released Parties on account of personal injury, property damage, death, or accident of any kind, arising out of or in any way

Release, Waiver, and Covenant Not to Sue (cont'd)

related to the use of the Sport Science Rehab and Performance's facilities or equipment or participation in their programs, whether that participation is supervised or unsupervised, however the injury or damage occurs, and including without limitation any illness or harm caused by or related to the COVID-19 virus.

The undersigned further acknowledges and certifies that (i) she/he is legally competent to sign and deliver this agreement; (ii) the terms of this agreement are legally binding; and (iii) she/he is signing this agreement, after having carefully read it.

I do hereby waive and release any and all rights and claims against The Sport Science Rehab and Performance Centre, its employees, directors and independent contractors from any and all liability for personal injuries or property damage resulting from my use of Sport Science Rehab and Performance's facilities or programming by my voluntary participation.

Participant Name: _____

Club / Team Affiliation: _____

Date: _____

Participant Signature: _____

(if participant is under 18 years of age)

Guardian Name: _____

Guardian Signature: _____