

HEAD OVER HEELS TRAINING

Group Workout Participant Forms

ASSUMPTION OF RISK & RELEASE OF LIABILITY WAIVER

Please read this waiver carefully before signing. By signing below, you are agreeing to its terms.

I, the undersigned participant, acknowledge and agree to the following:

- 1. Voluntary Participation.** I am voluntarily participating in a free group workout event organized by the Head Over Heels Training group ("HOH"). I understand that this event is offered at no charge and is not a structured training session or formal coaching service.
- 2. Inherent Risks.** I understand and acknowledge that physical activity and running carry inherent risks of injury, including but not limited to muscle strains, sprains, joint injuries, cardiovascular events, falls, and other physical harm. These risks exist regardless of the care taken by organizers or coaches.
- 3. Health Responsibility.** I represent that I am in adequate physical health to participate in this workout. I have consulted, or have had the opportunity to consult, with a qualified healthcare provider prior to participation. I accept full responsibility for monitoring my own physical condition during the event and will stop participating if I experience pain, dizziness, shortness of breath, or any other symptoms of distress.
- 4. Release of Liability.** In consideration of being permitted to participate in this event, I, on behalf of myself, my heirs, personal representatives, and assigns, hereby release, waive, discharge, and hold harmless the Head Over Heels Training group, its owner(s), coaches, volunteers, and affiliates (collectively "Released Parties") from any and all claims, demands, damages, losses, costs, or expenses arising out of or in connection with my participation in this event, including claims arising from the negligence of the Released Parties.
- 5. Indemnification.** I agree to indemnify and hold harmless the Released Parties from any claims brought by or on my behalf arising from my participation in this event.
- 6. Acknowledgment of Understanding.** I have read this waiver in its entirety, I understand its terms, and I sign it freely and voluntarily.

BY SIGNING BELOW, I ACKNOWLEDGE THAT I HAVE READ, UNDERSTOOD, AND AGREE TO ALL TERMS OF THIS WAIVER.

Participant Name (Print): _____

Signature: _____ Date: _____

Emergency Contact Name: _____ Phone: _____

If participant is a minor (under 18): A parent or legal guardian must sign on behalf of the participant.

Parent/Guardian Name (Print): _____

Parent/Guardian Signature: _____ Date: _____

PHOTO & MEDIA RELEASE

I, the undersigned participant, grant the following permissions:

- 1. Permission to Photograph and Record.** I hereby grant the Head Over Heels Training group and its owner(s) permission to photograph, video record, or otherwise capture my image, likeness, and/or voice during today's group workout event.
- 2. Authorized Uses.** I authorize the Head Over Heels Training group to use any such photos or recordings for promotional, marketing, educational, and social media purposes, including but not limited to publication on websites, social media platforms (Instagram, Facebook, etc.), newsletters, and printed materials.
- 3. No Compensation.** I understand that I will not receive compensation for the use of my image or likeness.
- 4. Waiver of Claims.** I waive any right to inspect or approve the finished product and release the Head Over Heels Training group from any claims arising out of the use of my image or likeness as described above.
- 5. Opt-Out Option.** If you do not wish to be photographed or recorded, please notify the event organizer before the workout begins and we will do our best to accommodate your preference.

BY SIGNING BELOW, I GRANT THE PERMISSIONS DESCRIBED ABOVE.

Participant Name (Print): _____

Signature: _____ **Date:** _____

If participant is a minor (under 18): A parent or legal guardian must sign on behalf of the participant.

Parent/Guardian Name (Print): _____

Parent/Guardian Signature: _____ **Date:** _____

Thank you for joining us today — happy running!