

# All Activities Registration Form



Paid:

Activity: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

School: \_\_\_\_\_

\* T-Shirt Size: Adult \_\_\_ XS \_\_\_ SM \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ 2XL

Youth \_\_\_ XS \_\_\_ SM \_\_\_ M \_\_\_ L \* = (When Applicable)

## **Participant Informed Consent**

**The Hornet's Nest Sports Club supports the practice of safety for persons participating in this exercise program. Please read the following procedure description. If you have questions, please ask.**

Your participation in this program is voluntary and you may withdraw at anytime. The program is self paced and designed to let the participant determine what he/she can do and when it is time to stop. The expected benefits associated with your participation include: increased flexibility, increased strength, improved cardio-respiratory endurance, and better circulation. There are acute risks in an exercise program. These may range from abnormal cardiovascular functions such as heart rate and blood pressure, to sore, cramping muscles. Even though these risks exist, the likelihood of severe problems is minimal. This is why we suggest you follow the Program Entry Guide-lines. This program should not result in physical injury to the participant. However, if injury does occur, the participant must look to his/her own resources or insurance policies for compensation. We have reduced the risk factors to the best of our ability. Please give your consent with full knowledge of the nature and purpose of the program; the benefits you may expect; and the risk which may be encountered. We appreciate your assistance and participation.

This agreement is made upon the express conditions that the Hornet's Nest Sports Club and employees shall be free from all liabilities and claims for damage and/or suits by reason of injury, or death to any person or property of the Permittee, it's agents or employees, or third parties, from any cause or causes whatsoever while in or upon said premises or any part thereof during the term of this agreement or occasioned by any occupancy or use of said premises or any activity carried on by the Permittee in connection herewith, and the Permittee hereby covenants and agrees to indemnify, defend, save and hold harmless the Hornet's Nest Sports Club and employees from all liabilities, charges, expenses, and costs on account of or by reason of any such injuries, deaths, liabilities, claims, suits or losses however occurring or damages growing out of the same

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date