

First Name: Parent/Guardian/Participant (if over 18)		Last Name:		Birthdate	
Street Address			Apt. #	City	State ZIP
Cell Phone		Emergency Contact Name / Number		Email	

In consideration of the services of CrossFit Chanhassen L. L. C., its agents, owners, officers, affiliates, volunteers, participants, employees, and all other persons or entities acting in any capacity on its behalf (herein collectively referred to as "Bring It! or CrossFit Chanhassen"), I hereby agree to release, indemnify, and discharge CrossFit Chanhassen, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that participation in activities at CrossFit Chanhassen requires physical exertion that may be strenuous and entails both known and unanticipated risks that could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.
2. I expressly agree and promise to accept all of the risks existing in participation of activities at CrossFit Chanhassen. My participation is purely voluntary and I elect to participate in spite of the risks.
3. I represent and warrant that I am physically fit and have no medical condition that would prevent my full participation at CrossFit Chanhassen.
4. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless CrossFit Chanhassen for any and all claims, demands, or causes of action, which are in any way connected with my participation in CrossFit Chanhassen activities or my use of CrossFit Chanhassen equipment or facilities including any such claims based on damages cause or alleged to be caused in whole or in part by the negligent acts or omissions of CrossFit Chanhassen, whether known or unknown, anticipated or unanticipated, except for CrossFit Chanhassen's gross negligence and intentional, willful, and wanton misconduct.
5. Should CrossFit Chanhassen or anyone acting on its behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
6. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in CrossFit Chanhassen activities, I may be found by a court of law to have waived my right to maintain a lawsuit against CrossFit Chanhassen or Bring It! on the basis of any claim from which I have released them herein. I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Participant Signature (if 18 or older): _____ Date: _____

PARENT'S OR LEGAL GUARDIAN'S ADDITIONAL INDEMNIFICATION (Must be completed for participants under the age of 18) In consideration of (print up to three minors' names/birthdates below of SAME parent or legal guardian):

Participant 1: First Name	Last Name	Birthdate
Participant 2: First Name	Last Name	Birthdate
Participant 3: First Name	Last Name	Birthdate

("Minor") being permitted by CrossFit Chanhassen to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless CrossFit Chanhassen from any and all claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor. I further certify that I am the parent or legal guardian of the minor on this agreement.

Parent or Legal Guardian's Signature: _____ Print Name: _____ Date: _____

How did you hear about us? _____

Waiver accepted by _____ (CrossFit Chanhassen / Bring It! Studios representative)