

**High Altitude Fitness Activity Agreement: Acknowledgement of Assumption of Risk and Release of Indemnity Agreement.**

I request the use of High Altitude Fitness (**HAF**) gymnasium and equipment for my recreation and for the improvement of my own fitness and athletic skills. I recognize that severe injuries are not limited to muscle sprains and strains, back injuries, heart attacks, permanent paralysis, accidental dismemberment, and even death. I realize that it is in my best interest to consult a doctor before engaging in any physical training. **I assume any and all physical risk in connection with my use of the HAF facilities.**

I acknowledge that, for my own safety and the safety of the other members, I will observe all rules posted on the **HAF** gymnasium walls. In consideration of **HAF** allowing me use of the facilities, which I accept in their "as is" condition, I hereby forever release **HAF**, its instructors, directors, and employees from any and all liability, including but not limited to, damages and injuries suffered by myself or my family in connection with the aforementioned facilities. I understand that my participation is entirely by my own choice and fully understand the risks involved in any fitness activity within the **HAF** gymnasium.

As a minor, I acknowledge that my parent(s) or legal guardian(s) are aware of my request to use the **HAF** facilities, as well as the risk of injury that I assume in said request. I further acknowledge that my parent(s) or legal guardian(s) have read this agreement and further promise to bind themselves jointly and severally, including but not limited to, heirs, administrators, and executors, to indemnify and repay, in full, **HAF**, its owners, employees, successors, and assigns any sums of money that it, or any of them, may hereafter be compelled to pay on behalf of myself, because of any possible accidents or incidents.

I understand that **HAF** reserves the right to revoke or suspend my membership at any time for reasons including, but not limited to, failure to observe the posted rules of the gymnasium, inappropriate or offensive actions or language towards other members, any member of the staff, and/or any of the equipment housed in the **HAF** gymnasium.

**WARNING!!** Any activity involving physical exercise creates the possibility of accidental injury. Use of equipment without proper instruction and/or supervision is **DANGEROUS** and **SHOULD NOT** be undertaken. **KNOW YOUR LIMITATIONS** and the limitations of the equipment or class **BEFORE** taking an exercise class or using any gym equipment. If in doubt, **DO NOT PROCEED!** Wait for qualified supervision.

Payment for membership must be paid in full. Partial memberships may be upgraded within two weeks with original purchase price going toward upgraded membership. If partial payment for a membership is made, a credit card number must be kept on file for completion of payment. **NO EXCEPTIONS!**

**Please Initial Each Box After You Read and Understand Each Statement**

\_\_\_\_\_ **My membership is non-refundable and non-transferable.**

\_\_\_\_\_ **I take full responsibility for my actions at High Altitude Fitness.**

\_\_\_\_\_ **I will wear closed-toe and heeled shoes. (No sandals or clogs)**

\_\_\_\_\_ **I will rack my weights.**

\_\_\_\_\_ **I have been cleared medically by a physician before starting exercise.**

\_\_\_\_\_ **All members under 14 years of age will be under trainer/adult supervision.**

\_\_\_\_\_ **HAF is not responsible for items left behind at the gym.**

Print Name \_\_\_\_\_ Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

SIGNATURE \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_

Under 18 Requires Parent/Guardian Signature \_\_\_\_\_