



Vital Steps Boot Camp

I _____ have agreed to participate in Vital Steps Boot Camp, an indoor and outdoor fitness camps. The activities of Vital Steps Boot Camp include strength training, running, agility drills, jumping, intense cardiovascular activities and flexibility training. Acknowledgment is hereby made that the activities of the camp will require me to spend time outside in the heat, as well as inside. I further acknowledge that there are risks involved in participating in the boot camp. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, my physical condition, equipment, actions of other people including, but not limited to, participants, volunteers, and lack of hydration. In consideration of my being accepted into the program, I agree to release and discharge Vital Steps and any of its employees, volunteers and supervisors, Vital Steps Studio, Jo-Ann James owner of the studio, Havergal College Corporation employees, volunteers and supervisors from any injuries sustained by me as a result of participation in this program. I agree to indemnify and hold harmless, Vital Steps, and any of its employees, volunteers and supervisors, contractors, facilities and owner of Vital Steps, including Havergal College against any liability incurred as a result of such injury or loss. Fitness activities and programs require that I be in good health and have no condition that could endanger my well-being through participation. I will notify Vital Steps of any such defects in writing prior to enrolling in this program.

The undersigned agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of myself.

Signature of Participant _____

Date _____