Waiver of liability/Informed consent form

I _____, have hereby enrolled in a program of strenuous physical activity. I hereby affirm that I'm physically conditioned and do not suffer from any ailment and/or disability, which would prevent or limit participation in the fitness training program.

In signing this document and in consideration of my participation in **DMC Athletics and Rehabilitation** training program, I,_____, hereby release indemnity and hold harmless **DMC Athletics and Rehabilitation**, from any and all claims, demands, and causes of action arising from my participation in its conditioning program.

I fully understand that injury can result in participation of **DMC Athletics and Rehabilitation** training program and I,_____, hereby release indemnity and hold harmless, **DMC Athletics and Rehabilitation** from any and all liability now or in the future including, but not limited to, ligament sprains, muscle strains, pull or tears, broken bones, soreness and/or injury, and any other illness however caused, occurring during, or after my participation in its fitness training program.

I hereby consent and affirm that I have read and fully understand the above.

_____

Signature Date