



Voluntary Participation Acknowledgment and Waiver of Liability

- **ACKNOWLEDGMENT:** By becoming a participant in a Docksider Fitness activity session, I recognize that my participation in the session described is at my own risk. I recognize that the participation in these sessions could entail some risk of accidental injury to myself or others and I will use due care during the course of the session. I further acknowledge that my participation is wholly voluntary and is not at the request of or required by, Docksider Fitness.
- **WAIVER OF LIABILITY:** I knowingly and voluntarily assume all risks of my participation in these sessions, including risks of physical injury and death, and I waive any and all claims against, and will not sue, Docksider Fitness, or any of its affiliated or subsidiary companies, or their officers, directors, employees, agents or representatives (past or present) for any damage I or anyone else may suffer as a result of my participation, including any claims related to loss of personal possessions during or as a result of these sessions. Should I, or any individual on my behalf, attempt to bring any such action against Docksider Fitness, I agree to reimburse Docksider Fitness for all costs, damages and expenses, including reasonable attorney's fees, which result from any such claim. I hereby release Docksider Fitness, from any and all liability from property damage, personal injuries or other claims arising from or in connection with my participation in these sessions.
- **IMAGES AND STATEMENTS:** I agree that all photographs, either, still or moving, taken of me during my participation are owned solely by the company. I agree that Docksider Fitness has the right to copyright or use these photographs, as well as any oral or written quote, personal statement or other testimonial given by me in connection with these sessions, for commercial and non-commercial use without payment of any compensation to me.
- **MINOR PARTICIPANTS:** In the event I bring any minor for whom I am a legal guardian to these sessions, I agree that each representation, waiver, and agreement contained herein shall apply to such minor, to the fullest extent allowable by law.

Signature

Date

Print Name

Class Name: **COUCH TO 5 K**

Location: **Limehouse, E14**