

**CROSSFIT AMUNDSON & KRAV MAGA SANTA CRUZ  
AGREEMENT AND RELEASE OF LIABILITY**

1. In consideration of being allowed to participate in the activities and programs of CrossFit Amundson and Krav Maga Santa Cruz and to use its facilities, equipment and machinery in addition to the payment of any fee or charge, I, for myself, my heirs and assigns, hereby waive, release, and forever discharge CrossFit Amundson and Krav Maga Santa Cruz, and Greg Amundson, and Firebreather Athletics, INC dba CrossFit Amundson and Krav Maga Santa Cruz, all staff members and trainers of said persons and businesses, and CrossFit Inc., CrossFit Kids, Krav Maga Worldwide Enterprises, LLC, the Krav Maga Association of America, Inc., and their officers, agents, employees, representatives, executors and all others from any and all, responsibilities or liability from injuries or damages resulting from my participation in any activities or my use of equipment, classes, climbing walls or machinery in the above mentioned activities. I do hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to myself, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my participation in any activities of CrossFit Amundson and Krav Maga Santa Cruz or the use of any equipment at CrossFit Amundson and Krav Maga Santa Cruz. (Please initial) \_\_\_\_\_
2. I understand and am aware that martial arts, fitness, self-defense, swimming, paddling and specific nutrition plan's, and the use and proximity to fitness and martial arts equipment, are all potentially hazardous activities. I also understand that fitness activities involve a risk of injury or even death, and that I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I hereby to expressly assume and accept any and all risks of injury or death. (Please initial) \_\_\_\_\_
3. I do hereby declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation or use of equipment, climbing wall or machinery except as herein stated. I acknowledge that I have either had a physical examination and been given my physician's permission to participate, or that I have decided to participate, in the activity of martial arts, fitness, self-defense, and climbing and the use of the equipment, climbing wall and machinery without the approval of my physician and do hereby assume all responsibility for my participation and activities, and utilization of equipment and machinery in my activities. (Please initial) \_\_\_\_\_

**Print Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date Signed:** \_\_\_\_\_

**Parent and/or Guardian must sign below for minors:**

In consideration of CrossFit Amundson and Krav Maga Santa Cruz allowing my child \_\_\_\_\_ who is under the age of 18 to participate in the activities and programs of CrossFit Amundson and Krav Maga Santa Cruz, including but not limited to Martial Arts, Self-defense, Krav Maga, CrossFit, CrossFit Kids, Swimming, Paddling, and use of any fitness or martial arts equipment, I hereby for my child's heirs, executors, administrators, and or assigns, waive and release any and all rights and claims of any nature my child may have against CrossFit Amundson, Krav Maga Santa Cruz, Greg Amundson, Firebreather Athletics dba CrossFit Amundson and Krav Maga Santa Cruz, CrossFit Inc., CrossFit Kids, Krav Maga Worldwide Enterprises, LLC, the Krav Maga Association of America, Inc, its officers, employees, agents, chapters, assignees, licensees, and cooperating entities, their representatives, heirs, executors, administrators, successors, and assigns for and against any and all injuries or damages of any nature my child may suffer while taking part in any activities connected with CrossFit Amundson or Krav Maga Santa Cruz. This release and consent shall be binding upon my child's heirs, executors, administrators, and/or assigns. (Please initial) \_\_\_\_\_

**PARENT'S/GUARDIAN'S SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**CrossFit**  
**AMUNDSON**  
*Santa Cruz*

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