

# LIABILITY WAIVER AND RELEASE

I hereby acknowledge that the activity for which I am registering is strenuous beyond the capability of some people, and may cause minor, severe and/or permanent injuries or death to those people that are not in sufficient physical fitness, training and/or experience. I have made my own determination as to whether or not I am able to safely participate in such training. I recognize that Lori Summers has not evaluated my ability to participate in such training. I also recognize that any advice dispensed from Lori Summers may not be appropriate for me, and it is my responsibility to make this determination.

I acknowledge that the activity provided by Lori Summers can be an extreme test of a person's physical and mental limits and carries with it, regardless of physical fitness or experience, the potential for death, serious injury and/or property loss. I hereby assume the risks of participating in such activity. I certify that my level of physical fitness is appropriate to participate in the activity for which I am voluntarily undertaking. I certify that I have sufficiently trained or have prepared for such an activity and that I have not been advised against participation by a qualified health care professional.

I, do hereby waive, release and discharge Lori Summers and the venue from any and all matter of liability, claims for damages, causes of action, suits, proceedings, compensation, attorneys' fees, costs and expenses of suits, claims and demands whatsoever, which may arise in the future from my participation in activities with Lori Summers, including, but not limited to any and all claims, losses or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, theft or damage of any kind, including economic losses, which may in the future arise out of or relate to my participation in or traveling to and from any activity with Lori Summers.

I AGREE NOT TO SUE Lori Summers or the venue for any and all claims made or liabilities assessed against them as discharged herein.

I INDEMNIFY AND HOLD HARMLESS Lori Summers and the venue from any and all claims made or liabilities assessed against Lori Summers or the venue as a result of (i) my actions or inactions (ii) the actions, inactions or negligence of others including those parties hereby indemnified (iii) the conditions of the facilities, equipment or areas where the event or activity is being conducted and (iv) any other harm caused by an occurrence related to any activity with Lori Summers.

\_\_\_\_\_  
Signature of Participant Date

\_\_\_\_\_  
Print Name of Participant

\_\_\_\_\_  
Signature of Parent/Guardian (for participants under 18 years old) Date

## CONTACT INFORMATION:

Address \_\_\_\_\_  
City State Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Cell Phone \_\_\_\_\_  
Email \_\_\_\_\_

I have read this liability waiver and release form and completely understand it.

\_\_\_\_\_  
Initial here