

VALENCIA BOXING CAMP

I, \_\_\_\_\_, through the purchase of training sessions, have agreed to voluntarily participate in an exercise program, including but not limited to, strength training, flexibility development, aerobic exercise. I also understand that if I wish to participate in any **sparring** that I assume all responsibility and risk myself. Under the guidance of Valencia boxing camp, I hereby stipulate and agree that I am physically and mentally sound and currently have no physical conditions that would be aggravated by my involvement in an exercise program.

I understand and am aware that physical-fitness activities, including the use of equipment, are potentially hazardous activities. I am aware that participating in these types of activities, even when completed properly, can be dangerous. I agree to follow the verbal instructions issued by the trainer. I am aware that potential risks associated with these types of activities include, but not limited to death, fainting, disorders in heartbeats, serious neck and spinal injuries that may result in complete or partial paralysis or brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the musculoskeletal system, and serious injury or impairment to other aspects of my body general health and well-being,

I understand that I am responsible for my own medical insurance and will maintain that insurance throughout my entire period of participation with Valencia boxing camp, I will assume any additional expenses incurred that go beyond my health coverage. I will notify Valencia boxing camp of any significant injuries that requires medical attention (such as emergency care, hospitalization).

Valencia boxing camp will provide the equipment to be used in connection with workouts, including but not limited to, benches, dumbbells, kettle bells, and similar items. Although Valencia boxing camp will take precautions to ensure my safety, I expressly assume and accept sole responsibility for my safety and for any and all injuries that may occur. In consideration of the acceptance of this entry, I, for my self and for executors, administrators and assigns, waive and release any and all claims against Valencia boxing camp and agree to hold Valencia boxing camp harmless from any claims or losses, including but not limited to claims for negligence for any injuries or expenses that I may incur while exercising, sparring or while traveling to and from the training sessions. These exculpatory clauses are intended to apply to any and all activities occurring during the time for which I have contracted with Valencia boxing camp.

I represent and warrant I am signing this agreement freely and willfully and not under fraud or duress.

HAVE READ THE ABOVE TERMS AND INTENDING TO BE LEGALLY BOUND  
HEREBY UNDERSTAND THIS DOCUMENT TO BE A COMPLETE WAIVER AND  
DISCLAIMER IN FAVOR OF LISA VALENCIA, I HEREBY AFFIX MY SIGNATURE  
HERETO.

Print and Sign

Date

\_\_\_\_\_  
Parents/Child name print sign

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date