

Rondeau Group Fitness

Informed Consent, Waiver of Liability, Photo and Video Release

I, _____, agree to the following:

1. I am participating in Rondeau Group Fitness Boot Camp offered by Stephanie Rondeau. I recognize that fitness programs require physical exertion, in which there is an inherent risk physical injury, including, but not limited to, musculoskeletal strains and sprains, contusions, and/or muscle soreness. I recognize that physical activity can also rarely lead to more serious medical conditions such as fractures, heart attack, or in very rare cases, catastrophic injuries. I understand this risk and feel that the benefits of exercise outweigh the risks of physical injury.

2. I understand that it is my responsibility to consult with my physician prior to and regarding my participation in Rondeau Group Fitness Boot Camp. I represent and warrant that I am physically fit and I have no medical conditions which would prevent my full participation in boot camp.

3. In consideration of being permitted to participate in Rondeau Group Fitness, I agree to assume full responsibility for any risks, injuries, or damages, known or unknown, which I might incur as a result of participating in the program. I consent to the employees of Rondeau Group Fitness to activate the emergency medical system if necessary, and that all associated costs will be my responsibility.

4. In further consideration of being permitted to participate in the Fitness Boot Camp, I, my heirs, next of kin, and/or legal representatives forever release, discharge and voluntarily waive any claim I may have against Stephanie Rondeau, Rondeau Group Fitness, or its representatives for injury or damages that I may sustain as a result of participating in the program.

5. Photo and Video release: In connection with my participation in Rondeau Group Fitness, I consent to the use of my photograph and video or other likeness in the promotional and other materials of Rondeau Group Fitness without payment or other consideration made to me.

6. If I bring my child to this program (ie, Strong Mamas stroller bootcamp), I understand that my child is solely my responsibility. Furthermore, I understand and acknowledge that Stephanie Rondeau and any employees are not babysitters, daycare or child care providers. I acknowledge that I am here with my child under my own volition and I take full responsibility for my child at all times.

I have read the above informed consent, waiver of liability, photo and video release and fully understand its contents. I voluntarily agree to the terms and conditions stated above as shown by my signature below.

Signature: _____ Date: _____

Email: _____

Emergency Contact:

Name: _____ Phone: _____