



1315 Bouslog Rd. #101 Burlington, WA 98233  
360.661.1393 - www.mallardcrossfit.com

## Personal Information

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Phone # ( ) \_\_\_\_\_

Email: \_\_\_\_\_

In case of emergency, I would like Mallard CrossFit to call:

Emergency Contact \_\_\_\_\_

Phone# ( ) \_\_\_\_\_ Work phone # ( ) \_\_\_\_\_

This person is my: (parent, friend, spouse, etc.): \_\_\_\_\_

## Waiver and Release of Liability

Mallard Boys, Inc. dba Mallard Crossfit  
1315 Bouslog Rd., Suite 101  
Burlington, WA 98233

**Express assumption of risk:** I, the undersigned, am aware that there are significant risks involved in any physical training regimen. These risks include, but are not limited to: falls which can result in serious injury or death, injury or death due to negligence on the part of myself, my training partner, or other people around me, injury or death due to improper use or failure of equipment. **Injury may also result simply from the fact of physical training itself.** *By its very nature, physical training seeks to have me push beyond my limits in order to produce a physical adaptation by my body. This requires feedback from me to my trainer regarding what is happening with my body. Excessive work can result (in rare cases) in exertional rhabdomyolysis. I should look for signs of excessive soreness, darkened urine, and pain in the kidney areas in the days following a particularly intense workout.* I am aware that any of these above mentioned risks may result in serious injury or death to myself and or my partner(s). I willingly assume full responsibility for the risks that I am exposing myself to and accept full responsibility for any injury or death that may result from participation in any activity or class while training with Mallard Boys Inc.

I, the undersigned acknowledge that I have no **physical impairments** or **illnesses** that will endanger myself or others.

Initials: \_\_\_\_\_

Please Read and Sign Reverse Side

**Release:** In consideration of the above mentioned risks and hazards and in consideration of the fact that I am willingly and voluntarily participating in the activities available at Mallard Boys Inc, I, the undersigned hereby release CrossFit and Mallard Boys Inc, their principals, agents, employees, and volunteers from any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my participation in this activity, including those allegedly attributed to the negligent acts or omissions of the above mentioned parties.

This agreement shall be binding upon me, my successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, I agree that the remainder of the agreement shall remain in full legal force and effect. If I am signing on behalf of a minor child, I also give full permission for any person connected with Mallard Boys Inc to administer first aid deemed necessary, and in case of serious illness or injury, I give permission to call for medical and or surgical care for the child and to transport the child to a medical facility deemed necessary for the well-being of the child.

**Photo/Video Release:** I hereby grant Mallard Boys Inc permission in perpetuity to use my photograph/video image in any and all publications for CrossFit or Mallard Boys Inc, including web site entries, without payment or any other consideration. I hereby authorize Mallard Boys Inc to edit, alter, copy, exhibit, publish or distribute all photos and images. I waive the right to inspect or approve the finished product, including written or electronic copy, wherein my photo appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photograph or video images. I hereby hold harmless and release and forever discharge Mallard Boys Inc from all claims, demands, and causes of action which I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf of on behalf of my estate which may have or may have by reason of this authorization.

**Indemnification:** The participant recognizes that there is risk involved in the types of activities offered by CrossFit. Therefore the participant accepts financial responsibility for any injury that the participant may cause either to him/herself or to any other participant due to his/her negligence. Should the above mentioned parties, or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless CrossFit and Mallard Boys Inc, their principals, agents, employees, and volunteers from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in activities offered by CrossFit.

**I have read and understood the foregoing assumption of risk, and release of liability and I understand that by signing it obligates me to indemnify the parties named for any liability for injury or death of any person and damage to property caused by my negligent or intentional act or omission. I understand that by signing this form I am waiving valuable legal rights.**

**Signature of participant:**\_\_\_\_\_ **Date:**\_\_\_\_\_

**If the participant is under the age of 18,**

**Signature of Parent or Guardian:**\_\_\_\_\_ **Date:**\_\_\_\_\_

**(Parent/Guardian) Print Name:**\_\_\_\_\_