

**Strength N Honor Training llc
Agreement and Release of Liability**

First Name: _____ **Last Name:** _____ **DOB:** _____

Parent Consent _____

Myself/ my son / my daughter _____

1. In consideration of being allowed to participate in the activities and training programs of Strength n honor training LLC (STEVE KONOPKA) and to use its facilities and equipment in addition to the payment of any fee of charge, I do hereby waive, release and forever discharge Strength n Honor training LLC 25 OXFORD COURT SIMSBURY CT 06070 and its representatives, trainers, and all others from any and all responsibilities or liability from injuries or damages resulting from my son / daughter's participation in any activities, or my use of equipment in such activities. I do also 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 son / daughter's participation in any activities of Strength N Honor Training LLC or the use of any equipment.

Initial _____

2. I understand and am aware that strength, flexibility, and aerobic exercise, including the use of equipment, is a potentially hazardous activity. I also understand that fitness activities involve risk of injury and even death, and that myself / my child _____ is voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I hereby agree to expressly assume and accept any add all risks of injury or death. **Initial** _____
3. Myself / son / daughter is physically sound and suffering from no conditions, impairment, disease, infirmity or other illness that would prevent my participation or use of equipment except as hereinafter stated. I do hereby acknowledge that I have been informed of the need for a physician's approval for myself / son / daughter's participation in an exercise/fitness/strength/conditioning activity of the use of exercise equipment and machinery. I also acknowledge that it has been recommended that myself/ son / daughter have a yearly or more frequent physical examination and consultation with my / son's / daughter's physician as to physical activity, exercise and use of exercise and training equipment so that I might have his/her recommendations concerning these fitness activities and equipment use. I acknowledge that myself/ son / daughter _____ has either had a physical examination and been given my physicians permission to participate, or that I have decided to have myself / son / daughter _____ participate in activity and use of equipment and machinery without the approval of my physician and do hereby assume all responsibility for myself/ sons / daughters _____ participation and activities,

and utilization of equipment and machinery in my activities.

Initial _____

4. I understand that on occasion still photography or video footage may be obtained prior to, during, or after any involvement in exercise in order to assist in promoting the services of the facility. These images and or videos will be used strictly for the promotion of Strength N Honor Training LLC and may be posted on social media (Instagram, Twitter, facebook, strengthnhonortraining.com, etc.). ***If there is an image used that you are not comfortable with please contact us immediately, we will remove it without hesitation.*initial** _____

Emergency Contact Name _____

Phone _____

Allergies or any Medical conditions _____

Training experience

Sports Played

Have you/ your son / daughter been cleared for full training _____

If no why _____

Have you/ your son / daughter been cleared for full contact sports _____

If no why _____

Are there any restrictions on physical activity for yourself/ son / daughter _____

If yes what restrictions _____

**Strength N Honor Training LLC
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Date _____ Signature _____

Address _____

Phone _____

Email: _____

Goals you would like yourself/ your son or daughter to achieve _____



