

GTR-Gator Fitness and Training Tactical Fitness Training Waiver
Release, Waiver, Indemnification, Hold Harmless and Assumption of Risk Agreement

Name _____
Address _____ City _____ St _____ Zip _____
Primary Phone _____ Alternate Phone _____
Email _____ Emergency Contact _____

The following guidelines apply to ATP Therapies, LLC dba. Gator Fitness & Training, ATP Therapies, LLC dba Gator CrossFit and Gainesville Target Range, Inc. This agreement applies to all one-on-one, group training, fundamental classes, Gator Ramp classes and all Tactical Fitness Training Programs including but not limited to GTR-Gator CrossFit Under Fire workout series, All Self Defense Classes held at Gainesville Target Range and Gator CrossFit and any combination of use of both facilities and premises during any Tactical Fitness Training program. Please review these carefully and if you have any questions, please discuss them with your coach. _____

GTR-Gator CrossFit under Fire workout series: Each participant of these workouts understands the risks that are associated with this particular workout. Each participant has signed a Release Waiver from Gainesville Target Range, Inc independent of this signed document. You understand the risks of use of any fitness equipment and other associated exercises combined with running, rowing within the boundaries of Gator Fitness and Training and/or Gainesville Target Range and the use of firearms on Gainesville Target Range, Inc. premises. The participant (you) waives any right to sue or bring any legal action should injury or under extreme circumstances, death occurs during participation of this workout series. _____

Self Defense classes: Each participant that chooses to participate in any Self Defense class held at Gainesville Target Range, Inc. understand the inherent risks associated with the nature of hand to hand self defense classes including but not limited to Introduction to Unarmed Self Defense and Introduction to Weapons Threats and all its components taught during any class. The participant (you) by initialing here waive any right to sue or bring any legal action to any instructor, ATP Therapies, LLC DBA Gator Fitness and Training and Gainesville Target Range, Inc should any injury occur during the specific class attended. _____

Video and photography: This section implies that you (the client) voluntarily allow GTR-Gator CrossFit's Tactical Fitness Training Program to videotape and photograph you (the client) for marketing and promotional purposes. You give up any right you have to any proceeds that come from these marketing and promotional avenues. _____

Open Gym Enrollment: Every member that chooses to enroll into Open Gym membership understands the risks associated with this enrollment option. There may be times where you, the member, will be unsupervised. You understand the inherent risks associated with the complex lifts and workouts associated with our Gator Fitness & Training facility and the Tactical Fitness Training Program. You assume full responsibility for any injuries both minor and serious that can incur from any fitness routine administered at Gator Fitness & Training and Gainesville Target Range. _____

Group Clients: All cancellations must be made prior to class starting. Once the class has started, we need to have either received an email, text or phone call if you need to cancel the class or you may cancel online prior to the start time of the class. You (the client) will lose the session if not canceled or notification is not given. _____

Outdoor training: We will be utilizing the great outdoors during our workouts. With the use of any equipment, not limited to tires, barbells, kettlebells and bodyweight exercises, you, the member understand the inherent risks associated with various rocks, glass and other particles that can cause injury and that are out of the control of Gator Fitness and Training and Gainesville Target Range. _____

Promptness: It is important to arrive on time for a scheduled appointment. The client should understand that the coach might have appointments immediately following their time with you. Also, during group classes, other's schedules dictate that we need to start on time. Tardiness may result in the normal length of the workout being reduced. _____

Refunds: Only under extenuating circumstances, such as illness or injury, may alternative arrangements be made at the discretion of the Program Directors (Aaron Palmer and Mark Ocepek). There will be no cash refunds. _____

Prior to beginning any components of the Tactical Fitness Training Program, including but not limited to One-on-one, Group fitness classes, Gator ramp classes, Self defense, GTR-Gator CrossFit under Fire workouts and any other associated program not listed here, it is recommended that participants seek a physician's approval. _____

Waiver and Release: You (the client) agree that you are engaging in physical exercise and the possible use of firearms (clients has signed a separate waiver) and the use of exercise equipment, facilities, training and instruction, which could cause injury, illness, or death to you. You are voluntarily participating in these activities and assume all risk of injury, illness or under extreme circumstances, death, to you that might result. You hereby agree to waive any claims or right otherwise to sue ATP Therapies, LLC DBA Gator Fitness and Training and Gainesville Target Range, Inc or its employees for injury, illness or death to you on the account of these activities or negligence on behalf of ATP Therapies, LLC dba. Gator Fitness and Training and Gainesville Target Range, Inc and its employees. You acknowledge that you have carefully read this waiver and release and fully understand that it is a release of liability. You are waiving any right that you may have to bring legal action to assert a claim against us for negligence.

Clients under 18 years of age must have parental consent to participate.

Client signature: _____ **Date:** _____
Parent/Gaurdian: _____ **Date:** _____