



**Stockyard CrossFit**  
11531 Hull Street Road  
Midlothian, VA 23112  
<http://stockyardcrossfit.com/>

Stockyard CrossFit Athlete Waiver - READ ONLY

<b>Full Name</b> [REDACTED]	<b>Email Address</b> [REDACTED]	<b>Gender</b> [REDACTED]
<b>Street Address</b> [REDACTED]	<b>City</b> <b>State</b> [REDACTED]      [REDACTED]	<b>Zipcode</b> [REDACTED]
<b>Country</b> [REDACTED]	<b>Date of Birth</b> [REDACTED]	<b>Phone</b> [REDACTED]
<b>Emergency Contact Name</b> [REDACTED]	<b>Emergency Contact Phone</b> [REDACTED]	

**Assumption of Risk, Waiver and Release of Liability, and Miscellaneous Provisions**

In consideration of the permission to use the facilities, equipment, services, premises, and products provided at Stockyard CrossFit today, and at any time in the future, I understand and agree to all of the following:

Assumption of Risk: I understand that any physical activity carries with it an inherent risk of injury. Strength training can involve strenuous exertions of various muscles placing stress on the muscles, bones, and joints. Cardiovascular training can involve sustained physical activity placing stress on the heart, arteries, and blood pressure. Risk of injury may be minor such as soreness, sprains, strains, and bruises, or serious such as heart attack, stroke, paralysis, and death. I understand these risks and agree to assume all risk of injury or illness associated with exercise whatever the cause.



**RHABDOMYOLYSIS ("RHABDO") RELEASE AND WAIVER**

Rhabdomyolysis (hereinafter referred to as "Rhabdo") can occur when an individual's physical activity is so intense that muscular cells begin to breakdown and the contents and/or remaining materials enter the bloodstream. Rhabdo may be caused by many other systemic or environmental causes. However, Exertional Rhabdo can occur in athletes of *all* levels of fitness, resulting in muscle cell destruction. The skeletal muscle breakdown impairs kidney function as those organs are unable to handle increased enzymes that are released into the bloodstream. This induces severe physiological changes in the body. The symptoms of Rhabdo include muscle pain, stiffness and extreme weakness, darkening of the urine (similar to the color of tea or cola), decreased urine output, altered mental status, swelling of the body part involved, either with or without pain. A Rhabdo symptom is pain out of proportion to the amount of soreness that one would generally expect, often producing pain much quicker than one would expect after a workout.

I understand that any concerns on my part that I am experiencing any of the symptoms of Rhabdo require immediate presentation to a hospital for emergency treatment. I acknowledge that no third party, either from the facility or otherwise, will be capable of monitoring my urine output or color, and it is my responsibility to be continually cognizant of this symptom and all other symptoms and to monitor them in my own body at all times. I agree that I will remove myself from participation and seek medical treatment of my own accord should I have any concerns regarding possible symptoms of Rhabdo.

I understand that statistically individuals most likely to experience Rhabdo are those who are in good shape by general standards or who were previously in good physical shape. This includes individuals who were prior athletes. I acknowledge that often the more mentally tough an athlete is and the more athletic they were in the past or currently are, the greater the risk of exposure to Rhabdo.

I agree to monitor myself in a manner that is proportionate to the potential injury that can be occasioned by this condition. I acknowledge and understand that I am the only individual capable of determining if I am experiencing Rhabdo symptoms. I hereby agree and do willingly assume responsibility for any risks that I expose myself to and accept full responsibility for any injury or death that may result from participating in this significantly demanding physical activity. I for myself and on behalf of my heirs, assigns, personal representatives and/or next of kin, forever WAIVE, RELEASE, DISCHARGE and COVENANT NOT TO SUE and/or their officers, directors, representatives, partners, officials, principals, agents or employees, subsidiaries, or assigns, as well as their independent contractors.

I hereby acknowledge that I have witnessed that the above party has fully read this document and has been given the opportunity to ask any questions that he/she may have regarding its contents.

*(\*There is a wealth of medical and popular information regarding the condition known as Rhabdomyolysis available on the internet. It is strongly recommended that you review and evaluate information from all sources available to you, including your physician, prior to executing this Release or participating in strenuous physical activity.)*

 \*

Waiver and Release of Liability: I voluntarily and knowingly agree on behalf of myself, my spouse, my heirs, personal representative, assigns, and anyone else claiming by or through me to release, waive, and discharge Stockyard CrossFit, its directors, officers, owners, employees, volunteers, independent contractors, agents, assigns, successors, vendors, suppliers, equipment manufacturers, lessors, consultants, other clients, and all others associated with them (collectively "all others") from all liability from any and all claims, demands, or suits arising from the acts, failure to act, or conduct of any of them arising from their negligence (whether ordinary or gross), breach of duty, or any other theory of legal liability for (1) any physical or emotional injury or illness suffered by me (including death) arising from my attending Stockyard CrossFit or using its equipment, facilities, services, products, and/or premises; and (2) any damage to, loss of, or theft of my property.

 \*

Indemnification and Hold Harmless: I agree on behalf of myself, my spouse, my heirs, personal representative, assigns, and anyone else claiming by or through me to indemnify and hold harmless Stockyard CrossFit and all others by paying all costs and attorneys fees they incur in investigating and defending a claim or suit if such claim or suit is withdrawn, or if a court determines for whatever reason (including the enforceability of this agreement, that Stockyard CrossFit and or others are not liable for the injury or loss.

 \*

Denied Payment Charges: If my payment is denied for any reason, I agree to pay a \$25.00 service charge plus the amount of the denied payment within five days. I agree to pay all costs of collection, including reasonable attorney's fees and court costs.

 \*

Severability and Venue: If any portion of this Agreement is held invalid, the balance of the Agreement shall continue in full legal force. Any legal action shall be brought in Chesterfield County, Virginia.

 \*

Consent to Physical Contact: It is sometimes necessary for a trainer to physically touch a client to attain the proper form for an exercise. I hereby consent to such appropriate physical contact.

 \*

Consent to Media: Stockyard CrossFit may from time to time photograph, video record, or otherwise document workouts and activities in which I participate at the Stockyard CrossFit facilities and assigned workout locations for use on websites and social media. I hereby grant Stockyard CrossFit and its licensees and assigns an irrevocable right, title, and license to use, simulate, and impersonate my name, likeness, voice, appearance, performance, and/or biographical information, in connection with the uses described above. Such rights are worldwide, without limitation in number of occurrences or type of media, whether now existing or hereafter created, for a period of without limitation.

\*

Parent and/or Guardian must initial and sign below for minors: AGREEMENT AND RELEASE OF LIABILITY In consideration of having Stockyard CrossFit allow my child, who is under the age of 18 to participate in the activities and programs of Stockyard CrossFit, including but not limited to Stockyard CrossFit, Climbing and use of the climbing wall and any other equipment, I hereby for my child's heirs, executors, administrators, and or assigns, waive and release any and all rights and claims of any nature my child may have against Stockyard CrossFit, its officers, employees, agents, chapters, assignees, licensees, and cooperating entities, their representatives, heirs, executors, administrators, successors, and assigns for and against any and all injuries or damages of any nature my child may suffer while taking part in any activities connected with Stockyard CrossFit. This release and consent shall be binding upon my child's heirs, executors, administrators, and/or assigns.

\*

Entire Agreement: This constitutes the entire Agreement. I have not relied on any oral representations by anyone in addition to, or inconsistent with, the written terms of this Agreement.

\*

**Are you accustomed to rigorous exercise? \***

Yes  No

**Do you have a history of heart trouble? \***

Yes  No

**Do you have frequent pains in your heart of chest? \***

Yes  No

**Do you have high blood pressure? \***

Yes  No

**Has a doctor ever told you that you should not follow or participate in a fitness program? \***

Yes  No

**Date Signed:**

Please read the [Electronic Records and Signature Disclosure](#)

I agree to use electronic records and signatures

1  
2  
3  
4  
5