



Type One Fitness
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USA

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Liability Disclaimer Policy

Liability disclaimer / waiver

Minors can only benefit of the fitness program under the supervision of an adult. The training program may only be performed by persons of sound and robust constitution. Always consult your physician or healthcare provider before beginning any exercise program. Exercise is not without its risks. If at any point during your workout you begin to feel faint, dizzy or have physical discomfort, you should stop immediately and consult a medical professional. You are agreeing to accept full responsibility for your decisions and agreeing to hold harmless the Service Provider, its agents, employees, contractors and any affiliated companies from any liability with respect to injury or illness to you or your property arising out of or connected with your use of the fitness content provided to you.

Age restrictions

- Membership is open to anyone 14 years or older.
- Members between the ages of 14 and 17 must have a parent or guardian present at the time of joining.
- Parent or guardian must sign the membership agreement and a legal waiver allowing the minor to use the club with his or her permission.
- Members age 14 must be accompanied by their parent or guardian at all times.
- Parent must be a member.
- Type One Fitness does not provide child care services.
- Minors/children are not allowed to be left unattended while a parent or guardian is working out.

Fitness services waiver acknowledgment

All prospective and current members, hereby agree that by joining Type One Fitness and signing the Fitness services waiver, consent to waive certain legal rights, including the right to sue Type One Fitness & Type One, Inc., and, if applicable, its owners, trainers, representatives, and facilities from any physical, material, tangible or intangible, loss or damages that may happen to a member during participation in any of the fitness services (hereinafter, "Fitness Services") undertaken while under their instruction or thereafter, Type One Fitness & Type One Inc. (the "Fitness Provider").

Members voluntarily participate in the Fitness Services that will be conducted by the Fitness Provider. It is the member's responsibility to consult a physician before participating in this or any fitness program and member affirms that no medical condition would restrict participation in any of the Fitness Services.

Members agree to hold the Fitness Provider, and if applicable, its owners, trainers, and representatives, harmless from any damage, whether tangible or intangible, that may happen while participating in the Fitness Services. Such injuries may include, but are not limited to, muscle strains, muscle sprains, muscle spasms, heart attacks, raised blood pressure, broken, fractured, or dislocated bones, or death.

Members agree that the Fitness Provider offers the Fitness Services with no guarantee of results. Members are solely responsible to maintain the diet and fitness regime appropriate for their level of health

and stamina, and are that any results that occur, whether positive or negative, are the effects of the member's own personal choices.

I hereby waive, release, and forever discharge the Fitness Provider, and its respective officers, directors, employees, agents, and affiliated organizations from and against any and all claims, liabilities, and causes of action, whether foreseeable or unforeseeable, which may at any time arise out of or relate in any manner, directly or indirectly, to my use of said fitness/exercise facility and/or equipment or participation in any services or programs related thereto. This waiver and release shall include, but not be limited to a release of all claims, liabilities, and caused of action which may arise at any time in connection with any personal or other injury to myself or others, or death caused by or related to my use of said fitness/exercise facilities and/or equipment or participation in any services or programs related thereto.

In additional considerations of being permitted by the Fitness Provider to use its facilities, I hereby permit the Fitness Provider to use my name, image and likeness for promotional purposes limited to its fitness training programs and facilities. The Fitness Provider promotional mediums include but are not limited to print, radio, video, television and the internet.

My signature hereby affirms that I have fully and completely read, understand, and agree to this waiver and release and all contents thereof.

Print name _____ DOB _____

In case of emergency, contact _____ Phone _____

Signature _____ Date _____

Phone _____ Email _____

(Parent's signature if under 18 years of age)

I represent that I have legal capacity and authorize to act on behalf of the minor named herein.

Parent/guardian signature _____ Date _____