



FOUNDATION BUILDERS BOXING LIABILITY WAIVER

WAIVER OF LIABILITY, RELEASE OF CLAIMS, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

PLEASE READ CAREFULLY – BY SIGNING THIS DOCUMENT YOU ARE WAIVING CERTAIN LEGAL RIGHTS

ACKNOWLEDGEMENT – HEALTH & SAFETY

I acknowledge that participation in boxing, fitness training, sparring, conditioning, and related physical activities involves strenuous physical exertion and may activate or aggravate pre-existing injuries, conditions, or congenital defects.

I certify that I am physically fit to participate and have no medical condition that would prevent my safe participation. I understand that I should consult a physician prior to engaging in any physical activity if I have any concerns regarding my health.

I agree to follow all safety rules, instructions, and guidelines provided by **FOUNDATION BUILDERS BOXING**, including the proper use of protective equipment.

ASSUMPTION OF RISKS

I understand that participation in boxing and related training activities involves inherent risks, dangers, and hazards, including but not limited to:

- Strikes, blows, kicks, and contact with other participants
- Injuries from punching bags, pads, ropes, weights, or other equipment
- Slips, falls, or collisions
- Overexertion, dehydration, or fatigue
- Equipment malfunction or improper use
- Negligence of other participants
- Serious personal injury, permanent disability, paralysis, or death

I acknowledge that these risks cannot be eliminated even with proper supervision and safety measures.

I FREELY AND VOLUNTARILY ASSUME ALL RISKS associated with participation in any activities at **FOUNDATION BUILDERS BOXING**.

RELEASE OF LIABILITY, WAIVER OF CLAIMS, AND INDEMNITY AGREEMENT

In consideration of being permitted to participate in activities at **FOUNDATION BUILDERS BOXING**, I agree as follows:

1. I WAIVE, RELEASE, AND DISCHARGE **FOUNDATION BUILDERS BOXING**, its owners, employees, coaches, instructors, volunteers, agents, and affiliates from any and all claims, demands, actions, or causes of action arising out of or related to any injury, loss, or damage I may suffer, WHETHER CAUSED BY NEGLIGENCE OR OTHERWISE.
2. I AGREE TO HOLD HARMLESS AND INDEMNIFY **FOUNDATION BUILDERS BOXING** from any and all claims, liabilities, damages, costs, or expenses arising from my participation in activities.
3. This Agreement shall be binding upon my heirs, next of kin, executors, administrators, assigns, and representatives.
4. Any legal action relating to this Agreement shall be brought exclusively in the courts of the State of **WYOMING**, and governed by the laws of that state.

PHOTO / VIDEO RELEASE (Optional Section) I grant **FOUNDATION BUILDERS BOXING** permission to use photographs or video recordings of me taken during activities for promotional or marketing purposes without compensation.

Yes No



MINORS (UNDER 18 YEARS OF AGE)

I, the undersigned parent or legal guardian, consent to the minor's participation and agree to all terms of this Agreement on behalf of the minor and myself.

ACKNOWLEDGEMENT OF UNDERSTANDING

I confirm that I have read this Agreement, fully understand its contents, and sign it voluntarily.

Participant Name: _____

Participant Signature: _____

Date: _____

Phone: _____

Emergency Contact Name & Phone: _____

Email: _____

Parent/Guardian Name (if minor): _____

Parent/Guardian Signature: _____

Date: _____
