

Waiver and Release of Liability

I acknowledge that participating in Dan Trepanier personal training, sessions, bootcamps, endurance training, cardiovascular conditioning and other fitness and coaching activities (collectively the 'Activities') may be strenuous.

I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation the Activities.

To Dan Trepanier and his representations, agents, independent contractors, successors and assigns (collectively the "Releasees") in consideration of my participation, I hereby acknowledge and agree on behalf of my heirs, assigns and legal representatives that all Activities have inherent risks and I am fully aware of, accept and assume the risks and hazards involved.

I expressly agree and promise to accept and assume all risks existing in the Activities with full knowledge that there is a risk of personal injury, property loss, or death.

I agree that Dan Trepanier is in no way responsible for the safekeeping of my personal belongings while I participate in the Activities.

The following describes some, but not all of the risks and hazards: cut and bruises, muscle and joint strains; fractures; collisions; falls; equipment failure; over-exertion; collisions with objects, collisions with other participants; negligence of other participants, the Releasees of other persons; property damage and loss; personal injury and in extreme cases paralysis, permanent injury/trauma or death.

I hereby voluntarily waive any and all claims that I have or may have in the future against the Releasees, and to release and discharge the Releasees from any and all liability for damage, loss, expense or injury, including death, that I may suffer as a result of my participation in the Activities due to any cause whatsoever, including negligence, breach of contract, for breach of any statutory or other duty of care, including any duty of care inter the Occupiers Liability Act, R.S.O. 1990,c. O-2 on the part of the Releasees.

I agree to hold harmless to the indemnify the Releasees from any and all Clams of any third party resulting from my participation in the Activities

I agree to let Dan Trepanier use my photograph, video and/or audio, and any recordings of my participation in the Activities for any purposes that Dan Trepanier deems necessary and to waive any right of compensation or ownership thereto.

This agreement shall be governed by the interpreted in accordance with the last of the Province of Ontario and the laws of Canada applicable therein. I hereby submit to the jurisdiction of the courts of the Province of Ontario. I acknowledge that I am signing this Agreement voluntarily and I agree to be blunt by its terms

Name (Please Print) _____ **Date of Birth:** _____

Signature:

_____ **Date Signed:** _____

Address: