



I _____ have agreed to participate in SWERVE Strength workout classes. The activities of these group fitness class include strength training, sport and agility drills, jumping, intense cardiovascular activities, flexibility training, bodyweight exercises, stretching, movement-based drills and at times, working with equipment. I understand that incorrect performance of exercises can lead to injury, and I commit to ask for assistance for any exercise I am unsure of how to perform safely.

I agree to release and discharge SWERVE Strength and lead instructor Caitlin Katz, and the applicable location from any legal discourse for injuries [personal or bodily,] sickness, harassment, or negligence sustained by me as a result of my participation in this program.

I agree to indemnify and hold harmless, Caitlin Katz, Swerve Strength and City of Fairway facilities (specifically Fairway City Hall, 5240 Belinder, Fairway, KS 66205 Fairway Pool, 6136 Mission Road, Fairway, KS 66205 Shawnee Indian Mission, 3403 W. 53rd St, Fairway, KS 66205) and owners against any liability incurred as a result of such injury, loss or illness.

Fitness activities and programs require that I be in good health and have no condition that could endanger my wellbeing through participation. I will notify Caitlin Katz of any such defects prior to beginning the class for proper modifications. I understand that I am in control of my own body and I will be monitoring any injuries and will modify and/or stop exercising as necessary for my safety.

I agree to be responsible for monitoring my own health and if I should feel unwell, I will not attend classes. I agree to release Caitlin Katz from any responsibility or liability should I get sick or catch a virus (including, but not limited to, novel COVID-19, influenza, or any additional coronaviruses) attending one of the fitness classes.

I agree to stay six apart from other fitness participants and socially distance during registered classes for safety and wellbeing of myself, the group and instructor. I agree to wear a mask during entry/check-in/exit of each class and agree to have my temperature checked. I agree to not participate in class if I experience any symptoms of COVID-19 (or any illness) or if I was recently exposed to a positive case. I agree that any photography or videography that I appear in during class may be used for commercial/promotional purposes by both SWERVE Strength & the City of Fairway, KS unless explicitly outlined.

The undersigned agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of myself.

In short, I understand this is a fitness class and I agree to not hold Caitlin Katz, Swerve Strength or the city of Fairway, KS legally responsible for any injury or illness sustained during the course of the class(es).

Participant Signature

Date

Please complete the following information:

Age _____

Emergency Contact & Phone Number _____

Venmo or PayPal Information for Payment Charges _____

Contact Email _____

Contact Phone Number _____

Payment will be charged via Caitlin Katz of SWERVE Strength the first week of each month using the above electronic payment method of preference. Payments not completed or received within five days will result in a 10% fee of your monthly dues.