**Waiver of Liability, Assumption of Risk, and Indemnity Agreement**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Waiver:** In consideration of being permitted to participate in the training/coaching program of Romps LIFE, LLC., for myself, my heirs, personal

representatives and assigns, do hereby release, waive, covenant not to sue and

discharge Mike Romps and/or Romps LIFE, LLC. from liability from any all

claims including negligence of Mike Romps and/or Romps LIFE, LLC. resulting in personal injury, accidents or illnesses (including death), and property

loss arising from, but not limited to, participation in athletic training program.

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Signature (of Parent/Guardian if athlete under 18) Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print name (of Parent/Guardian if athlete under 18)

**Assumption of Risks:** Participation in running, basketball and conditioning

programs carry with it certain inherent risks that cannot be eliminated

regardless of the care taken to avoid injuries. I understand that running, basketball

and athletic training are potentially hazardous activities and certify that I am in

good health and physically fit to enter into a training program. I acknowledge that

I am aware of the many risks involved in athletic training, which include by way of

example and not limitation: 1) minor injuries such as scrapes, bruises, sprains,

and strains, 2) more serious injuries such as joint, muscle and bone injuries,

concussions and other head injuries, heat related injuries such as heat stroke

and heat exhaustion, dehydration and over hydration conditions such as

hyponatremia, and 3) catastrophic injuries and conditions such as heart attacks

and other injuries or conditions with could be fatal. I have read the previous

paragraphs and I know, understand, and appreciate these and other risks that

are inherent in training for and participating in road, trail, and track running and

racing, cycling, swimming, and any other conditioning and cross training activities

associated with that training. I hereby assert that my participation is voluntary

and that I knowingly assume all such risks.

\_\_\_\_\_\_\_\_\_\_(Initial)

**Indemnification and Hold Harmless:** I also agree to INDEMNIFY AND HOLD

HARMLESS Mike Romps and/or Romps LIFE, LLC. from any and all claims,

actions, suits, procedures, costs, expenses, damages, or liabilities, including

attorney’s fees brought because of my involvement in the training program of

Mike Romps and/or Romps LIFE, LLC.

\_\_\_\_\_\_\_\_\_\_(Initial)

**Severability:** The undersigned further expressly agrees that the foregoing waiver

and assumption of risks agreement is intended to be as broad and inclusive as is

permitted by law in the State of New Hampshire and that if any portion thereof is held

invalid, it is agreed that the balance, shall, notwithstanding, continue in full legal

force and effect.

**Acknowledgement of Understanding:** I have read this waiver of liability,

assumption of risk, and indemnity agreement consisting of two pages, fully

understand its terms, and I understand that I am giving up substantial rights,

including my right to sue. I acknowledge that I am signing the agreement freely

and voluntarily, and intend by my signature to be a complete and unconditional

release of all liability to the greatest extent allowed by law.

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Signature (of Parent/Guardian if athlete under 18) Date

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Print name (of Parent/Guardian if athlete under 18)