



**THIS AGREEMENT AFFECTS YOUR LEGAL RIGHTS. READ IT CAREFULLY!**

**You, the client, are aware that there are risks associated with participating in fitness activities and exercise. Your participation is completely voluntary, and you freely accept and fully assume all responsibility for all risks, and all possibilities of personal injury, death, property damage or loss to yourself or any other person as a result of your executors, administrators and assigns agree:**

**(a) to waive all claims, known or unknown, that you have or may have in the future against Grainger Goaltending or Grainger Training Centre, including their owners, agents, volunteers, business operators or independent contractors;**

**(b) that Grainger Goaltending and Grainger Training Centre are not liable or responsible for any damage to, loss or theft of your property;**

**(c) to release and forever discharge Grainger Goaltending and Grainger Training Centre from all liability for any personal injury, death, property damage or loss resulting from your participation in fitness activities due to any cause, including but not limited to negligence (failure to use such care as a reasonably prudent and careful person would use under similar circumstances), breach of any duty imposed by law, breach of contract or mistake in error of judgment of Grainger Goaltending and Grainger Training Centre; and**

**(d) to be liable for and to hold harmless and indemnify Grainger Goaltending and Grainger Training Centre from all actions, proceedings, claims, damages, costs, demands, including court costs on a solicitor and own client basis, and liabilities of whatsoever nature or kind arising out of or in any way connected with your participation in fitness activities.**

**PLEASE CONSULT YOUR PHYSICIAN PRIOR TO STARTING AN EXERCISE OR FITNESS PROGRAM.**

**Name of Participant: \_\_\_\_\_ AGE \_\_\_\_\_**

**Signature (Parent if under 18): \_\_\_\_\_ Date \_\_\_\_\_**

**Your email address: \_\_\_\_\_**

**Phone number: \_\_\_\_\_**