CrossFit Deluge - Waiver & Health Info

10113 213th St E, Graham, United States, WA, 98338, 2533708872

Contact Info

\*First Name

\*Last Name

\*Email

\*Address 1

\*City

\*Country                                                                                     

\*State

\*Postal Code

Home Phone Number

\*Mobile Phone Number

\*Emergency Contact Name

\*Emergency Contact Phone

\*Birthday

Barcode ID

\*Gender   

Health Questions

Do you Smoke?



YES



NO

Do you Drink Alcohol?



YES



NO

\*Do you Take Prescription Medication?



YES



NO

\*Do you Exercise Now?



YES



NO

\*How much Exercise per Week?

\*Do you Play Sports?



YES



NO

\*Do you Have Back, Knee, or Shoulder Pain?



YES



NO

\*Do you Have any Previous Injuries or Surgeries?



YES



NO

\*Do you High Blood Pressure, Asthma, Diabetes, or a Heart Condition?



YES



NO

\*Do you have any Other Health Conditions?

\*Please Provide any more Details:

\*Are you signing as a parent or guardian?



YES



NO

INFORMED CONSENT/ASSUMPTION OF RISK:

**INFORMED CONSENT/ASSUMPTION OF RISK:** I agree to participate in one or more physical fitness program(s)/class(es) sponsored by Latitude 47 Fitness LLC, which may include, but not necessarily be limited to, CrossFit Training, and/or strength training of any kind by any affiliate, subsidiary or partnership of Latitude 47 Fitness LLC and/or employed trainers (hereinafter collectively referred to as CrossFit Deluge). CrossFit Deluge made me fully aware that the fitness programs/classes which CrossFit Deluge offers and in which I desire to participate are of a nature and kind that are extremely strenuous and can/may push me to the limits of my physical abilities. I the undersigned recognize and understand that the programs/classes are not without varying degrees of risk; which may include, but are not limited to the following: Injury to the musculoskeletal and/or cardio respiratory systems which can result in serious injury or death, injury or death due to negligence on the part of myself, my training partner, or other people around me, injury or death due to improper use or failure of equipment, injury or death due to falls/trips/drops or slips before, during and after physical activity, or injury or death due to a medical condition, whether known or unknown by me. I am aware that any of these above mentioned risks may result in serious injury or death to myself and or my partner(s). I willingly assume full responsibility for any and all risks that I am exposing myself to as a result of my participation in CrossFit Deluge programs/classes and accept full responsibility for any injury or death that may result from participation in any activity, class or physical fitness program. I hereby certify that I know of no medical problems that would increase my risk of illness and injury as a result of participation in a fitness program designed by CrossFit Deluge. CrossFit Deluge informed me that there exists the possibility of adverse physical changes during an exercise program, and I fully understand the same. CrossFit Deluge informed me that these changes could include abnormal blood pressure, fainting, disorder of heart rhythm, stroke, and in very rare instances, heart attack or even death, and I fully understand the same. With my full understanding of the above information, I agree to assume any and all risk associated with my participation in CrossFit Deluge programs/classes.



I Understand and Agree

Release

**RELEASE:** In full consideration of the above mentioned risks and hazards and in full consideration of the fact that I am willingly and voluntarily participating in the activities made available by CrossFit Deluge, and with my full understanding of all of the above, I hereby waive, release, remise and discharge CrossFit Deluge and its agents, officers, principals and employees and volunteers, of any and all liability, claims, demands, actions or rights of action, or damages of any kind related to, arising from, or in any way connected with, my participation in CrossFit Deluge fitness programs/classes, including those allegedly attributed to the negligent acts or omissions of the above mentioned parties. This agreement shall be binding upon me, my successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, I agree that the remainder of the agreement shall remain in full legal force and effect. If I am signing on behalf of a minor child, I also give full permission for any person connected with CrossFit Deluge to administer first aid deemed necessary, and in case of serious illness or injury, I give permission to call for medical aid and/or surgical care for the child and to transport the child to a medical facility deemed necessary for the well being of the child.



I Understand and Agree

Indemnification

**INDEMNIFICATION:** I recognize that there is risk involved in the types of activities offered by CrossFit Deluge. Therefore I accept financial responsibility for any injury that I, or the participant may cause either to him/herself or to any other participant due to his/her negligence. Should the above mentioned parties, or anyone acting on their behalf, be required to incur attorney’s fees and costs to enforce this agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless CrossFit Deluge, their principals, agents, employees, and volunteers from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in activities offered by CrossFit Deluge. I have fully read and fully understand the foregoing assumption of risk, and release of liability and I understand this agreement obligates me to indemnify the parties named for any liability for injury or death of any person and damage to property caused by my negligent or intentional act or omission. I understand that by signing this form I am waiving valuable legal rights.



I Understand and Agree

Photography/Video Release

**Use of picture(s)/film/likeness:** I agree to allow CrossFit Deluge, its agents, officers, principals, employees and volunteers the picture(s), film and/or likeness of me for advertising purposes. In the event I choose not to allow the use of the same for said purpose, I agree that I must inform CrossFit Deluge of this in writing.



I Understand and Agree

3 Day Right to Cancel

**3 Day Right to Cancel** New members have three days after signing this Agreement to cancel their membership without penalty. If the Agreement is cancelled within three days, CrossFit Deluge will return to the member within 30 days, all amounts paid less a $25 administrative fee for usage of facility during those three days. To cancel, new members must inform CrossFit Deluge in writing of their intent to cancel. Written intent to cancel can be delivered to CrossFit Deluge in person or emailed to crossfitdeluge@gmail.com.



I Understand and Agree

Limited Use

**LIMITED USE:** If you know or should know you have a problem that might prevent you from using CrossFit Deluge (i.e., medical or family emergency, business travel, vacation, etc.…) and you sign this Agreement, you agree that your membership is limited accordingly. However, because this is your choice, you still must pay your monthly dues as if you could use the Facility. There will be no carryover of monthly dues into subsequent months for any time unspent using the Facility in a previous month. (See our Free Policy for Term Memberships and our Cancellation Policy for other options.



I Understand and Agree

Freeze Policy

**FREEZE POLICY (ON HOLD REQUESTS) FOR TERM MEMBERSHIPS** Members may put their term membership on hold, in one calendar month increments, for up to three (3) calendar months per year for a fee of $25 per freeze request. Notice of freeze must be given to CrossFit Deluge via email crossfitdeluge.com 30 days prior to the first day of the month to be frozen. Members will not be billed for membership during frozen months. Billing will resume automatically upon end of the freeze. The $25 will be applied to the first month of dues upon return. The current membership agreement will be extended by the number of months frozen.



I Understand and Agree

Past Due

**PAST DUE PAYMENT/ DECLINDED CREDIT CARD FEES** A $15 past due payment will be due and payable for payments received past the 10th of the month. A returned check or declined credit/debit card will result in a fee of $25. Membership fees must be paid on or before the first day of the month. Members who are not current will not be allowed to participate in classes after the 10th of the month.



I Understand and Agree

Cancellation

**CANCELLATION OF MEMBERSHIP BY MEMBER** A member may cancel his/her membership at any time with at least a 30-day notice in writing to crossfitdeluge.com. Please remember partial months are not permitted. If a member cancels on or after the 2nd of any month, then a payment will still be due the following month on the 1st. There are no refunds for membership fees, and CROSSFIT DELUGE will not prorate a cancelled membership. Prepaid memberships will be non-refundable.



I Understand and Agree

Fundamentals

**NEW MEMBERS ONLY-FUNDAMENTALS)-CANCELLATION NOTICE** After upon completion of the Fundamentals class, if the member chooses to cancel, they MUST provide 2 weeks notice in writing to crossfitdeluge.com. If notice is not received within that timeframe, the member will be charged for the next month's payment and will be non-refundable.



I Understand and Agree

Signature

I have read and understood the foregoing assumption of risk, and release of liability and I understand that by signing it obligates me to indemnify the parties named for any liability for injury or death of any person and damage to property caused by my negligent or intentional act or omission. I understand that by signing this form I am waiving valuable legal rights.

Print Name: