Indemnity & Release Form

I, the undersigned, understand and acknowledge the risks associated with exercise, and the use of the exercise equipment at the School of Strength Bega.

I agree that I take part in these activities at my own risk. I waive my right to any claims against the School of Strength Bega and any affiliate agents which may arise out of any activity, event, and the use of the School of Strength Bega's equipment or facilities, or my presence on the premises, including personal injury, theft and all property damage, even if caused by the negligence of any of these persons. However, I am not waiving any claims to the extent it may be based upon gross negligence or wilful misconduct.

Tick one:

- ☐ I agree to my image being used in promotional material
- ☐ I do not agree to my image being used in promotional material

Name: …….

Signature: ……

(if under 18 yrs, signature of parent/guardian)

Date: ……..

Email: ……

Phone: ……