

# TrailFit Training / Technical Riding Program

## Agreement of Release and Waiver of Liability

I, \_\_\_\_\_, hereby agree to the following;

1. That I am participating in a Technical Riding Session Program offered by Eric Orschel (TrailFit) during which I will receive information and instruction about specific weight training and instruction. I recognize that fitness programs require physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the TrailFit Training program. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the TrailFit Program.
3. In consideration of being permitted to participate in the TrailFit program, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.
4. In consideration of being permitted to participate in the TrailFit Training Program or Technical Riding Sessions, I knowingly, voluntarily and expressly waive any claim I may have against TrailFit / Eric Orschel for injury or damages that I may sustain as a result of participating in the program.
5. I, my heirs or legal representatives forever release, waive, discharge and covenant not to sue Trail Fit/ Eric Orschel for any injury or death caused by their negligence or other acts.

***I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.***

Date \_\_\_\_\_ Signature of Participant \_\_\_\_\_

*If participant is under 18:*

As Legal Guardian of \_\_\_\_\_, I consent to the above terms and conditions.

Date \_\_\_\_\_ Signature of Parent/Guardian \_\_\_\_\_

Witnessed by: \_\_\_\_\_