

Liability Waiver & Assumption of Risk

Public client form · Houston, Texas (HTX) and virtual / remote sessions

Parties

This Waiver is between Battle Ready Fitness LLC ("Provider") and the undersigned Athlete (and Parent/Guardian if Athlete is under 18) ("Participant"). Training may occur in Houston, Texas (HTX) and virtual / remote sessions.

Assumption of risk

Participant understands that athletic training, speed work, strength training, agility drills, sport-specific skill work, and related activities involve inherent risks of injury including but not limited to muscle strains, sprains, fractures, cardiovascular events, heat illness, and in rare cases serious injury or death. Participant voluntarily assumes all risks of participation.

Release

To the fullest extent permitted by Texas law, Participant releases and holds harmless Battle Ready Fitness LLC, its owners, coaches (including Coach Zay (Zavion)), employees, contractors, and facilities from claims arising from ordinary negligence related to training services. This release does not waive claims for gross negligence or intentional misconduct where such waiver is prohibited.

Medical fitness

Participant represents they are medically fit to train, will disclose known injuries or conditions, and will stop activity if pain or distress occurs. Provider is not a medical provider.

Emergency

Participant authorizes reasonable emergency care and agrees to be responsible for related costs.

Acknowledgment

Participant has read this Waiver, understands it, and signs voluntarily. Preferred e-sign: DocuSign. Signed copies may be returned to battlereadyfitnessllc@gmail.com.

Signatures

Athlete name: _____ Date: _____

Athlete signature: _____

Parent/Guardian name (if under 18): _____

Parent/Guardian signature: _____ Date: _____

Return signed copy to: battlereadyfitnessllc@gmail.com · Preferred e-sign: DocuSign