

## IRONSTONE PERFORMANCE INFORMED CONSENT AND ASSUMPTION OF RISK AND RELEASE OF LIABILITY

In consideration of the opportunity to train with Ironstone Performance ("Ironstone"), the Client hereby agrees to this Informed Consent and Assumption of Risk and Release of Liability ("Waiver and Release"), entered into on the date of submission (the "Release Date").

The Client agrees as follows:

1. I acknowledge that there is an inherent risk of injury while engaging in exercise, but limited to: weight training, exercise, receiving coaching, and/or any physical activity ("Activities"). As consideration for the right to participate in these Activities with Ironstone, I, hereby knowingly and voluntarily enter into this waiver and release of liability, for myself, my heirs, executors, administrators, assigns, or personal representatives, and hereby waive any and all rights, claims or causes of action of any kind whatsoever arising out of my participation in the Activities, and do hereby release and forever discharge Ironstone, its Coach(es), affiliates, managers, members, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors, insurers, landlords, and assigns, for any physical or psychological injury, including but not limited to illness, paralysis, death, damages, economical or emotional loss, that I may suffer as a direct result of my participation in the Training Activities.
2. I voluntarily am participating in the Training Activities and I am assuming any and all risk, both known and unknown, which may arise from participating in these Activities. I am aware of the risks associated with participating in these Activities, which may include, but are not limited to, physical or psychological injury, pain, suffering, illness, disfigurement, temporary or permanent disability (including paralysis), economic or emotional loss, and even death. I understand that these injuries or outcomes may arise from my own or others' negligence, or the condition of the location(s) at which I engage in these Activities.
3. I further assume any and all risk of damage to any equipment that I may cause when used while engaging in these Activities. Ironstone is not responsible for any equipment that I may damage in any facility caused by me while engaging in these Activities or in any way related to Ironstone's programming or advice.
4. To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence on the part of Ironstone, its agents, or employees.
5. If I should require medical care or treatment, I agree to be financially responsible for any costs incurred because of such treatment. I am aware and understand that I should carry my own health insurance.
6. If any damage to equipment or facilities occurs because of my willful, neglect or reckless actions, I acknowledge and agree to be held liable for all costs associated with any ensuing causes of actions.
7. If any provision contained within this Waiver and Release shall be deemed to be severable or invalid, or if any term, condition, phrase, or portion of this agreement shall be determined to be unlawful or otherwise unenforceable, the remainder of this agreement shall remain in full force and effect, so long as the clause severed does not affect the intent of the parties. If a court should find that any provision of this agreement to be invalid or unenforceable, but that by limiting said provision it would become valid and enforceable, then said provision shall be deemed to be written, construed and enforced as so limited.
8. The Client certifies that he/she is of adequate physical condition to participate in physical exercise. Client has undergone an evaluation by a doctor to certify the Client fit to engage in physical activity, exercise, and weight training. Client certifies that he/she will disclose to the Ironstone whenever suggested Activities cause distress beyond Client's threshold.

## SEATTLE STRENGTH AND POWER INFORMED CONSENT AND ASSUMPTION OF RISK AND RELEASE OF LIABILITY

In consideration of the opportunity to train in Seattle Strength and Power ("SSP"), the Client hereby agrees to this Informed Consent and Assumption of Risk and Release of Liability ("Waiver and Release"), entered into on the date of submission (the "Release Date").

The Client agrees as follows:

1. I acknowledge that there is an inherent risk of injury while engaging in exercise, and including, but not limited to: weight training, exercise, receiving coaching, and/or any physical activity ("Activities"). As consideration for the right to participate in these Activities with SSP, I, hereby knowingly and voluntarily enter into this waiver and release of liability, for myself, my heirs, executors, administrators, assigns, or personal representatives, and hereby waive any and all rights, claims or causes of action of any kind whatsoever arising out of my participation in the Activities, and do hereby release and forever discharge SSP, its Coach(es), affiliates, managers, members, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors, insurers, landlords, and assigns, for any physical or psychological injury, including but not limited to illness, paralysis, death, damages, economical or emotional loss, that I may suffer as a direct result of my participation in the Training Activities.
2. I voluntarily am participating in the Training Activities and I am assuming any and all risk, both known and unknown, which may arise from participating in these Activities. I am aware of the risks associated with participating in these Activities, which may include, but are not limited to, physical or psychological injury, pain, suffering, illness, disfigurement, temporary or permanent disability (including paralysis), economic or emotional loss, and even death. I understand that these injuries or outcomes may arise from my own or others' negligence, or the condition of the location(s) at which I engage in these Activities.
3. I further assume any and all risk of damage to any equipment that I may cause when used while engaging in these Activities. SSP is not responsible for any equipment that I may damage in SSP or another facility caused by me while engaging in these Activities or in any way related to SSP's programming or advice.
4. To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence on the part of SSP, its agents, or employees.

5. If I should require medical care or treatment, I agree to be financially responsible for any costs incurred because of such treatment. I am aware and understand that I should carry my own health insurance.
6. If any damage to equipment or facilities occurs because of my willful, neglect or reckless actions, I acknowledge and agree to be held liable for all costs associated with any ensuing causes of actions.
7. If any provision contained within this Waiver and Release shall be deemed to be severable or invalid, or if any term, condition, phrase or portion of this agreement shall be determined to be unlawful or otherwise unenforceable, the remainder of this agreement shall remain in full force and effect, so long as the clause severed does not affect the intent of the parties. If a court should find that any provision of this agreement to be invalid or unenforceable, but that by limiting said provision it would become valid and enforceable, then said provision shall be deemed to be written, construed and enforced as so limited.
8. The Client certifies that he/she is of adequate physical condition to participate in physical exercise. Client has undergone an evaluation by a doctor to certify the Client fit to engage in physical activity, exercise, and weight training. Client certifies that he/she will disclose to the SSP whenever suggested Activities cause distress beyond Client's threshold.