

PEW 2 PAVEMENT TRAINING PROGRAM WAIVER

ASSUMPTION OF RISKS: Participation in walking, running and conditioning programs carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I acknowledge that I am aware of the many risks involved including by way of example but not limited to: 1) minor injuries such as scrapes, bruises, sprains and strains, 2) more serious injuries such as joint, muscle and bone injuries, concussions and other head injuries, heat related injuries, dehydration and conditions such as heart attacks, and other conditions or injuries which could be fatal. I know, understand, and appreciate these and other risk that are inherent, in training for and participating in road, trail and track walking, running and racing and any conditioning and cross training activities associated with that training. I certify that I am in good health and physically fit to enter into a training program. I should not join and participate unless I am medically able and cleared by a physician to do so. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

WAIVER: Having read this document, knowing these facts and in consideration of being permitted to in Coach Nettye Johnson's Pew 2 Pavement Training Program, I, for myself, my heirs, personal representatives and assigns, do hereby release, waive, covenant not to sue and discharge Coach Nettye Johnson, Pew 2 Pavement and Nettye Johnson Faith and Fitness Services LLC, from all claims or liabilities of any kind resulting in personal injury, accidents or illnesses (including death) and property loss that may arise from, not limited to, participation in Pew 2 Pavement Training Program

INDEMNIFICATION AND HOLD HARMLESS: I also agree to indemnify and hold harmless Coach Nettye Johnson, Pew 2 Pavement and Nettye Johnson Faith and Fitness Services LLC, from any and all claims, actions, suits, procedures, cost, expenses, damages and liabilities, including attorney's fee brought as a result of my involvement in Coach Nettye Johnson's Training Pew 2 Pavement Program.

SEVERABILITY: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the state of Louisiana and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms. I confirm that I am of adult age, I am signing the agreement freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

I have read and agree to all terms and conditions in this waiver agreement

Signature: _____ Date: _____

Printed Name: _____

Note: A hard copy of this document will be provided at the first meeting of the training program for hand signature in spaces above.