



Informed Consent, Waiver, and Release Agreement

This waiver and release are entered into between the undersigned and **Fresno Adventure Boot Camp**, its instructors, officers, affiliates, and executors.

The purpose of the Adventure Boot Camp Program offered by **Kelly Nickel Fitness Adventures, LLC** is to provide fitness instruction and coaching for various levels of athletes/individuals.

The undersigned hereby agrees to the following:

1. I understand that the instructor is not a physician and is not trained in any way to provide medical diagnosis or any other type of medical advice.
2. I acknowledge that coaching/training is another tool for teaching athletes/individuals about themselves, but **Adventure Boot Camp** and **Kelly Nickel Fitness Adventures, LLC** does not guarantee any specific result from this training.
3. I acknowledge that if I feel tired, feel pain or feel out of the ordinary in any way either related to my training, or otherwise, that I should contact a physician at once.
4. I acknowledge that boot camps, aerobic classes, martial arts, kick boxing, running, kung-fu, weight training, obstacle courses, and any other related sports are an extreme test of one's mental and physical limits and carry with it potential for damage or loss of property, serious injury and death. I understand that I assume the risks of participating in these types of events and activities, and that I have a regular medical physician I can contact regarding any medical problems that might develop.

The undersigned expressly waives, releases, discharges and agrees not to sue from any liability of death, disability, personal injury, or action of any kind **Fresno Adventure Boot Camp**, its instructors, officers, affiliates, and executors for the undersigned participating in said sporting events and/or training for said sporting events.

The undersigned acknowledges and accepts that photos and/or video footage will be taken during the course of this event, which may be used for promotional purposes. Express permission is given for the use of these photos and video in potential future marketing materials for Fresno Adventure Boot Camp.

The undersigned agrees that this is the full agreement between the parties, that no representatives of **Fresno Adventure Boot Camp** or **Kelly Nickel Fitness Adventures, LLC** or anyone else has verbally contradicted any of the terms of this release and that the undersigned has entered into this agreement freely and voluntarily without force or coercion.

Signature

Printed Name

____/____/____
Date

Email address