

BLENDED GYM

ATHLETE PARTICIPATION WAIVER & RELEASE OF LIABILITY

Basketball. Strength. Together.

Athlete Name: _____

Date of Birth: _____ **Age:** _____

Parent/Legal Guardian: _____

Phone: _____

Email: _____

Emergency Contact: _____

Emergency Contact Phone: _____

1. ACKNOWLEDGMENT OF RISK

I understand that participation at Blended Gym may include, but is not limited to:

- Basketball training, instruction, games, leagues, camps, clinics, tournaments, and open gym
- Strength and conditioning activities
- Weight training and resistance training
- Running, jumping, agility, speed, and plyometric exercises

- Use of basketball training equipment and shooting machines
- Recovery, stretching, mobility, and wellness activities
- Use of recovery equipment and amenities
- Facility rentals and recreational activities

I understand that athletic and recreational activities involve inherent risks. These risks may include falls, collisions, contact with other participants or equipment, muscle strains, sprains, fractures, head injuries, illness, cardiovascular events, and other injuries, including serious injury, permanent disability, or death.

I knowingly and voluntarily accept the inherent risks associated with participation.

2. VOLUNTARY PARTICIPATION

I certify that the athlete is voluntarily participating in activities at Blended Gym. I understand that the athlete is responsible for following instructions provided by Blended Gym coaches, trainers, employees, and representatives and for immediately reporting any unsafe condition, injury, pain, dizziness, illness, or other concern.

3. HEALTH & MEDICAL DISCLOSURE

I certify that, to the best of my knowledge, the athlete is physically capable of participating in the selected activities.

I agree to disclose relevant medical conditions, injuries, allergies, physical limitations, or other information that may affect safe participation.

Medical conditions, allergies, medications, previous injuries, or limitations:

☐ None known

I understand that Blended Gym does not provide medical diagnosis or treatment and that I should consult an appropriate healthcare professional regarding questions about the athlete's ability to participate.

4. EMERGENCY MEDICAL AUTHORIZATION

If I cannot be reached during an emergency, I authorize Blended Gym personnel to obtain reasonable emergency medical assistance for the athlete.

I understand that Blended Gym does not guarantee the availability or outcome of emergency medical care and that I am responsible for medical expenses incurred on behalf of the athlete.

Preferred Hospital/Medical Facility (optional):

5. ASSUMPTION OF RISK & RELEASE

To the fullest extent permitted by applicable law, I voluntarily assume the inherent risks associated with participation in Blended Gym activities.

I agree to release and hold harmless Blended Gym and its owners, officers, employees, coaches, trainers, contractors, volunteers, and representatives from claims arising from the ordinary inherent risks of participation, except to the extent liability cannot legally be waived, including liability resulting from conduct for which a waiver is prohibited by applicable law.

This agreement is not intended to waive any rights that cannot legally be waived.

6. FACILITY & EQUIPMENT USE

The athlete agrees to:

- Use equipment only for its intended purpose.
- Follow posted rules and staff instructions.
- Use strength and recovery equipment only when authorized.
- Avoid reckless or unsafe behavior.
- Respect the facility, equipment, staff, and other participants.
- Immediately report damaged equipment or unsafe conditions.

Blended Gym reserves the right to restrict or terminate facility privileges for unsafe conduct or failure to follow facility policies.

7. PERSONAL PROPERTY

I understand that Blended Gym is not responsible for lost, stolen, or damaged personal property except where responsibility is imposed by applicable law.

Participants are encouraged to secure valuables and personal belongings.

8. CODE OF CONDUCT

Athletes are expected to demonstrate:

Effort • Respect • Accountability • Sportsmanship • Coachability • Integrity

Bullying, harassment, fighting, threats, intentional property damage, inappropriate language or behavior, or conduct that creates an unsafe environment may result in removal from an activity or suspension or termination of facility privileges.

9. PHOTO & MEDIA AUTHORIZATION

Please select **one**:

☐ **YES** — I authorize Blended Gym to photograph or record the athlete during activities and to use appropriate

images or video for its website, social media, advertisements, promotional materials, and other Blended Gym communications without additional compensation.

☐ **NO** — I do not authorize Blended Gym to use identifiable photographs or video of the athlete for promotional purposes.

10. PARENT/GUARDIAN CONSENT FOR MINORS

If the athlete is under 18 years of age, I certify that I am the athlete's parent or legal guardian or otherwise have legal authority to execute this agreement on the athlete's behalf.

I have reviewed the nature of the activities offered by Blended Gym and give permission for the athlete to participate subject to this agreement.

11. ACKNOWLEDGMENT & SIGNATURES

By signing below, I acknowledge that:

- I have read this entire waiver.
- I understand its terms.
- I have had the opportunity to ask questions before signing.
- I understand that this document affects legal rights.

- The information I provided is accurate to the best of my knowledge.
- I voluntarily agree to its terms.

Athlete

Printed Name: _____

Signature: _____

Date: _____

Parent/Legal Guardian *(Required for participants under 18.)*

Printed Name: _____

Signature: _____ **Date:** _____

Blended Gym Representative

Printed Name: _____

Signature: _____ **Date:** _____

This form is intended as a general participation waiver and operational document. Because liability waivers—particularly those involving minors—are governed by state-specific law, Blended Gym should have the final waiver reviewed by a Texas-licensed attorney before using it as its official legal release.