



# *Landow Performance*

## Assumption of Risk Agreement

In consideration of gaining access to participate in activities associated with Landow Performance or any other facilities, whether indoor or outdoor, where I may receive coaching or other services from Landow Performance coaches or its representatives, I do hereby waive, release, and forever discharge Landow Performance and its agents, employees, representatives, executors and all others from any and all responsibility or liability for injuries or damages resulting from my participation in any activities in said program.

I have had the opportunity to discuss my specific needs in relation to participatory activity; and as a result, I do voluntarily request the right to participate in this program of exercise. Also, in consideration of the above factors, I acknowledge the existence of risk in connection with these activities, assume such risks, and agree to accept the responsibilities for any injuries sustained by my participation in the program via the use of the facilities and/or its equipment. Most specifically, I acknowledge and accept responsibility for injuries arising out of those activities that involve risk in any of the following areas, to include but not be limited to:

The use of facility equipment.

The performance of fitness-related evaluations to assess functional capacity.

The participation in group activities related to exercise and activity.

Incidents that occur within or outside of the facility, changing areas, and other areas associated with Landow Performance.

In addition, it can be recommended that I consult with a physician before engaging in any activities associated with Landow Performance.

### **CORONAVIRUS / COVID-19 WARNING, DISCLAIMER, AND CLIENT WARRANT**

Coronavirus, COVID-19 is an extremely contagious virus that spreads easily through person-to-person contact. Federal and state authorities recommend social distancing as a mean to prevent the spread of the virus. COVID-19 can lead to severe illness, personal injury, permanent disability, and death. Participating in Landow Performance (LP) programs or accessing LP facilities could increase the risk of contracting COVID-19. Landow Performance in no way warrants that COVID-19 infection will not occur through participation in LP programs of accessing LP facilities. The undersigned hereby agrees, represents, and warrants that neither the undersigned nor such participating children shall visit or utilize the facilities, services, and programs of LP (other than any exclusively online services and programs) within 10 days after (i) exposure to any person who has a suspected or confirmed case of COVID-19. The undersigned hereby agrees, represents, and warrants that neither the undersigned nor such

participating children shall visit or utilize the facilities, services, and programs of LP if he or she (i) experiences symptoms of COVID-19, including, without limitation, fever, cough or shortness of breath, or (ii) has a suspected or diagnosed/confirmed case of COVID-19. The undersigned agrees to notify Landow Performance immediately if he or she believes that any of the foregoing access/use restrictions may apply. The undersigned acknowledges and assumes both the known and potential dangers of utilizing the facilities, services, and programs of LP and acknowledges that use thereof by the undersigned and/or such participating children or client may, despite Landow Performance's reasonable efforts to mitigate such dangers, result in exposure to COVID-19, which could result in quarantine requirements, serious illness, disability, and/or death.

Having read the preceding, I acknowledge full understanding of those risks set forth herein and knowingly agree to accept full responsibility for my own exposure to such risks and to waive full responsibility and liability on behalf of Landow Performance.

\_\_\_\_\_ (Athlete or Parents/Guardian's initials)

\_\_\_\_\_  
**Participant's name (please print clearly)**

**Date:** \_\_\_\_\_

\_\_\_\_\_  
**Participant's/Parent/Guardians Signature**

\_\_\_\_\_  
**EMAIL**

\_\_\_\_\_  
**Phone Number**

\_\_\_\_\_  
**Sports Performance Coach's Signature**