

MIGHTY MOM'S SIGN UP & WAIVER

First name _____ **Last name** _____

Address _____

Mailing address if different from above

Home phone _____ **Cell phone** _____

Email _____

Phone and email are important in case we need to contact you about an unplanned cancellation and to keep you up to date with Mighty Mom info.

Emergency Contact

Name _____ **Phone** _____

My goal is to: (please circle all that apply, place a star next to your main goal.)

Lose weight improve my fitness improve my health have fun with my friends

Other _____

NOTICE: We advise you to consult with your doctor to make sure you and your child are healthy enough to participate in fitness classes or running and walking activities and to seek the appropriate medical care/advise if you or your child, feel any chest pains, dizziness or are having difficulty breathing. When expect participants to obey all traffic laws while walking and running.

_____ I have read the Mighty Mom's Handbook available _____ online. (Please initial)

Participant Waiver: I understand that I am participating in Mighty Mom's fitness classes at my own risk and that physical fitness classes include potentially hazardous activities. I also understand that running or walking on the streets or elsewhere is a potentially hazardous activity. Injuries can result from collisions with vehicles, poor road conditions (potholes, uneven and cracked pavement, loose gravel, leaves and debris); from effects of weather; from overexertion and/ or inadequate training. Knowing these risks, and in consideration of my participation in and with the Mighty Mom's Fitness Class, I hereby waive and release the Mighty Mom's Fitness Class, The Independent Contractors teaching the class, Teller County Chiropractic LLC, Dr. Christopher Mirabella, Teller County Chiropractic's agents, staff and representatives, all persons or entities providing services or goods in connection with Mighty Mom's Fitness Classes, anyone else involved with Mighty Mom's Fitness class, The Ute Pass Cultural Center, and the city of Woodland Park and it's agents, staff and representatives from all claims, liabilities, or damages of any kind arising out of my participation in Mighty Mom's Fitness Class. I understand that this waiver is legally binding upon me, my heirs, executors, and any person entitled to act on my behalf.

Signature

_____ **Age:** _____ **Date:** ____/____/____

While I participate in Mighty Mom's Fitness Class I will be bringing the following children with me.

Name _____ age _____

Allergies _____

Name _____ age _____

Allergies _____

Name _____ age _____

Allergies _____

Name _____ age _____

Allergies _____

Please list additional children on the back.

I understand that while Mighty Mom's Fitness Class provides someone to help supervise my children, that the children listed above are ultimately my responsibility and that I will be required to step in, if and when an issue with my child or children arises.

I will sign my children in and out at every Mighty Mom's Class.

Participant Waiver: I understand that my child will be participating in active activities during the Mighty Mom's fitness classes and that I chose to let them participate at my/their own risk. I also understand that active, physical activities, including play at or on the playground, are potentially hazardous. I also understand that running or walking on the streets or elsewhere with my children is a potentially hazardous activity. Injuries can result from collisions with vehicles, poor road conditions (potholes, uneven and cracked pavement, loose gravel, leaves and debris): from effects of weather; from overexertion and/ or inadequate training, or trips and falls. Knowing these risks, and in consideration of my child's participation in and with the Mighty Mom's Fitness Class, I hereby waive and release the Mighty Mom's Fitness Class, The Independent Contractors teaching the class and supervising the children, Teller County Chiropractic LLC, Dr. Christopher Mirabella, Teller County Chiropractic's agents, staff and representatives, all persons or entities providing services or goods in connection with Mighty Mom's Fitness Classes, anyone else involved with Mighty Mom's Fitness class, The Ute Pass Cultural Center, and the city of Woodland Park and it's agents, staff and representatives from all claims, liabilities, or damages of any kind arising out of my participation in Mighty Mom's Fitness Class. I understand that this waiver is legally binding upon me, my heirs, executors, and any person entitled to act on my behalf.

Signature

Age: _____ Date: ____/____/____