

Acknowledgement of Risk, Release of Liability and Agreement:

I will be participating in a Mountain Peak Fitness training program and or related activities being fully aware that the training involves risks, I accept all risks of participating. Risks include many with some being more serious and challenging than others, whether my training involves a solo, small or large group setting, I am aware that injuries and accidents happen and may happen to me. As a client of Mountain Peak Fitness I know there are many risks to my training & adventures and I accept them. I fully release, discharge and waive any claims I may have, now or in the future, against Mountain Peak Fitness and anyone present or involved in my training or adventure at anytime.

If medical care is rendered to me, I consent to that care if I am unable to give my consent for any reason. I am aware that there is no obligation for any person to provide me with medical care or support during training or adventure. I'm also aware that it is advisable to consult a physician prior to any training and or adventure.

I give my permission to Mountain Peak Fitness to utilize photographs, videos and any other references of the training which may record or refer to me for any purpose, including commercial use by Mountain Peak Fitness and its sponsors.

I agree to the rules of Mountain Peak Fitness in any of its training camps, adventures, coaching or training sessions. I acknowledge that, if I violate any of these rules or principles, I may be removed from the training, coaching, camp, adventure and or session.

I don't condone, take or encourage PED's (Performance Enhancing Drugs).

If the participant is under 18 years of age, the parent agrees to the following statements and as a parent or guardian of the participant, you authorize the child to participate by signing below.

Print Name: _____

Signature: _____

Date: _____

*Parent or Guardian signature required if participant is under 18 years of age:

Print Name: _____

Signature: _____

Date: _____

Adventure well,
Mountain Peak Fitness