



CrossFit Kids Waiver & Photo Release

I agree to participate in Max Oxygen CrossFit Downtown, LLC (COD) Fitness program. I recognize that exercise is not without varying degrees of risk to musculoskeletal and/or cardiorespiratory systems. I hereby certify that I know of no medical problems that would increase my risk of illness and injury because of participation in a fitness program designed by COD. I understand that there exists the possibility of adverse changes during exercise. I have been informed that these changes could include abnormal blood pressure, fainting, disorder of the heart rhythm, stroke, rhabdomyolysis, and very rare instances of heart attack or even death. I agree to waive, release, remise, and discharge COD and its agents, officers, principles and employees of any and all claims, demands, actions, or demands of any kind resulting from participation in COD classes, events, or individual training sessions. The undersigned hereby released COD, LLC as well as any and all claims and understands and assumes any and all risks with participation in COD, LLC.

Photo Release

I hereby give permission for images of my child, captured during regular and special activities, through video, camera, and digital camera, to be used solely for the purposes of CrossFit, CrossFit Kids, or Licensed CrossFit affiliate promotional material publications and website and waive any rights of compensation or ownership thereto. Last names of minors will not be given or posted on the internet or website.

Name of minor Child (print): _____

Date of Birth: _____

Name of Parent/Guardian (print): _____

Parent/Guardian Signature: _____

Date: ____/____/____