

# **REDHOT BOX**

## **Assumption of Risk, Waiver of Liability & Release Agreement**

### **ASSUMPTION OF RISK**

I understand that physical activity and the use of exercise equipment carry inherent risks that cannot be

eliminated, even with the highest standard of care. I freely and knowingly accept these risks, which may include but are not limited to:

- Minor injuries such as scrapes, bruises, and muscle strains
- Major injuries, including joint or back issues, concussions, rhabdomyolysis, seizures, or cardiac events
- Catastrophic injuries, including paralysis or death.

I understand that participation in REDHOT BOX programs involves strenuous physical activity and affirm that I am in appropriate physical and mental condition to engage in such activities. I have not been instructed by a medical professional to avoid exercise or high-intensity training.

### **WAIVER OF LIABILITY & RELEASE**

In consideration of being allowed to participate in REDHOT BOX, I voluntarily agree to:

- Assume full responsibility for any injury, illness, or damage sustained during participation
- Release and discharge REDHOT BOX, LIFE DRIVER LLC, its employees, agents, affiliates, officers, and any associated parties, from any and all liability, claims, demands, or causes of action arising from participation
- Indemnify and hold harmless the Company from any loss, liability, damage, or cost due to my participation or presence at any REDHOT BOX location

### **HEALTH STATUS DECLARATION**

I certify that:

- I am in good physical health and fully able to participate in REDHOT BOX
- I have no medical conditions that would endanger me or others
- I understand that participation is not an endorsement of my health status by REDHOT BOX
- If I have chronic conditions or disabilities, I accept the increased risks involved

Additionally, I agree not to participate in any REDHOT BOX sessions if I am feeling unwell, including symptoms such as fever, cough, sore throat, fatigue, body aches, or any other signs of illness. I understand that doing so may place others at risk, and I am responsible for notifying the trainer and rescheduling in accordance with the stated cancellation policy.

### **EMERGENCY CARE AUTHORIZATION**

If I experience an accident or medical emergency during my session, I authorize REDHOT BOX staff to secure emergency medical treatment on my behalf. I agree to be financially responsible for any resulting care.

### **OPTIONAL PHOTO/VIDEO RELEASE**

Unless I opt out in writing, I grant REDHOT BOX permission to photograph, record, or film me during sessions or events and to use such media for marketing, educational, or promotional purposes without compensation.

## **COMMUNICABLE DISEASE DISCLAIMER**

I understand that REDHOT BOX cannot guarantee a virus-free or illness-free environment. I knowingly assume all risks associated with exposure to COVID-19 or any other communicable illness and waive any claim related to such exposure.

## **PERSONAL PROPERTY**

I acknowledge that I have been advised not to bring valuables onto the premises. REDHOT BOX is not responsible for loss, theft, or damage to personal belongings left in or around any facility or training location. No part of my session fee includes security for personal property.

## **CODE OF CONDUCT**

REDHOT BOX reserves the right to deny access to any individual behaving in an unsafe, disruptive, or inappropriate manner.

## **MUTUAL ACCOUNTABILITY**

I understand that REDHOT BOX offers one hall pass for last-minute emergencies, and I am entitled to one such cancellation without penalty. I also acknowledge that REDHOT BOX trainers are held to the same standard: if my trainer cancels last-minute after using their hall pass, I will receive a complimentary session as compensation.

## **ACKNOWLEDGMENT & SIGNATURE**

I have carefully read and fully understand this Assumption of Risk, Waiver, and Release Agreement, and I voluntarily accept all terms. I acknowledge that I am waiving substantial legal rights, including the right to sue REDHOT BOX or LIFE DRIVER LLC under any circumstance related to participation.

This agreement will remain in effect indefinitely and applies to all future participation.

**Print Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

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