

## **Bricks to Buckets**

### **Training Waiver and Release of Liability Form**

Bricks to Buckets training is responsible for informing all clients that participating in personal training activities may involve inherent risks including, but not limited to the following:

- Muscle strains, sprains, or tears
- Fractures or dislocations
- Heatstroke or dehydration
- Other related injuries or illnesses
- Cardiovascular concerns

I acknowledge these risks and voluntarily allow my student-athlete to participate in these training sessions. With my signature I hereby release all coaches involved with Bricks to Buckets training of any liabilities attached to the aforementioned risks. Additionally, my signature acknowledges that in the event of an emergency I consent to medical treatment from qualified staff and that I am responsible for such costs.

I have carefully read and agreed to this waiver and release of liability.

Signature \_\_\_\_\_

Printed Name \_\_\_\_\_

Athlete Name \_\_\_\_\_

Date \_\_\_\_\_