

WAIVER AND ASSUMPTION OF RISK

I, _____,
hereby voluntarily sign this Waiver and Assumption of Risk in favor of _____ (the "Company"),
fully waiving and releasing the Company from any and all claims for personal injury, property damage, or death that may result from my use of the Company's facilities or property, or from my participation in the following activities or instruction ("activities"):

I sign this Waiver and Assumption of Risk in consideration of the opportunity to use the Company's facilities or property, receive instruction from the Company and its employees, or to participate in Company-sponsored activities as described above.

I acknowledge and understand that there are dangers and risks associated with the activities described above, which have been fully explained to me. I fully assume the dangers and risks, and agree to use my best judgment in engaging in those activities and to follow the safety instructions provided.

I am a competent adult, aged _____, and I freely and voluntarily assume the risks associated with the activities described above.

Dated: _____

Witness: _____

Name: _____

Address: _____

Telephone: _____

In case of emergency, please contact:

Name: _____

Address: _____

Telephone: _____

Relationship: _____