



Participation Guidelines and Waiver and Liability Statement

As a participant and/or parent/guardian of the minor/child(ren) ages 16+ listed below in "Mission Ready 66 Fitness Competition," I recognize and understand that there are inherent risks of physical and mental conditions, illnesses and/or injuries associated with engaging in physical activity and participating in classes and events.

I further recognize that any and all risks are further compounded by the fact that many of the exercises and/or activities are unsupervised at some or all times. I hereby consent to engage in any and all exercise programs and/or activities, supervised or unsupervised, solely at my own risk with full knowledge of the dangers and risks inherent within. I hereby release, waive, and forever discharge and covenant not to sue USAG Stuttgart Sports and Fitness for any and all injuries, losses or damages and/or claims or demands of any type, known or unknown, on account of or in any way related to any illness, condition, and/or injury to my person or property, or which may result in my death.

I further acknowledge the need for certain rules regarding the procedures related to activities during the "Mission Ready 66 Fitness Competition". I therefore agree to abide by any and all such adopted rules.

By signing below, I am also giving permission for my registered legal dependents to participate in "Mission Ready 66 Fitness Competition" and accept full responsibility herein.

By signing below I acknowledge that if I undergo a medical procedure (i.e. surgery) to aid in weight loss during the 66-day Fitness Challenge, I will be ineligible to place in the contest and win cash prizes.

Minor/Child(ren) _____

_____ Date

Printed Name (s) _____

Signature _____

Parent or Legal Guardian Printed Name _____

_____ Date