I, \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have volunteered to participate in a program of physical exercise/activity under the direction of Trinity Gardens, which will include, but may not be limited to, ***weights***, ***athletic competition*** or ***resistance training***. In consideration of Trinity Gardens agreement to instruct, assist and train me, I do here and forever release and discharge and hereby hold harmless Trinity Gardens and its members from any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my participation in this and any exercise program/activity including any injuries resulting therefrom. This gives TGCOC, its employees and Ministry Coordinators permission to print, photograph, post and video record any participant in any Athletic Ministry sponsored event for Ministry promotional purpose. There will be no monetary compensation for your participation. I further release and relieve TGCOC, its employees, Ministry Coordinators and other TGCOC representatives from any liabilities, known or unknown arising out of the use of this media material.

\_\_\_\_\_\_\_\_\_\_ Initial

**THIS WAIVER AND RELEASE OF LIABILITY INCLUDES, WITHOUT LIMITATION, INJURIES WHICH MAY OCCUR AS A RESULT OF (1) EQUIPMENT THAT MAY MALFUCTION OR BREAK; AND (2) ANY SLIP, FALL DROPPING OF EQUIPMENT (3) ANY INJURY THAT MAY OCCUR AS A RESULT OF EXERCISING OUTDOORS INCLUDING CAR ACCIDENT AND INJURIES RELATED TO GLASS OF OTHER DEBRIS ON EXERCISE SURFACES.** \_\_\_\_\_\_\_\_\_\_ Initial

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth\_\_\_\_\_\_\_\_/\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact/Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address (Please Print) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The undersigned understands that there are inherent risks involved with any physical activity that could result in injury or death.**

I knowingly release and hold Trinity Garden Church of Christ and its members, agents, volunteers, officers and directors, harmless from and against all liability for loss or injury to me and/or my children resulting from our participation in all and any sponsored Trinity Garden event. Any and all cost which may occur due to claims and demands alleging such loss or injury, including settlement payments I take full responsibility for. I agree that Trinity Garden Church of Christ shall have final authority regarding the defense and settlement of claims or suits brought against it or its members, volunteers, officers or anyone on behalf of Trinity Gardens claiming any such loss.

\_\_\_\_\_\_\_\_\_\_\_ Initial

Signature/Print Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- Initial for Waiver to cover calendar year\_\_\_\_\_\_\_\_\_\_\_\_\_