



Stretch Liability Waiver

_____ I acknowledge that I have chosen to receive stretching services from an independent contractor or employee with FAST Performance Training (which herein shall include all its owners, members, managers, officers, principals, independent contractors, and employees). I have observed and am aware of the nature and possible intensity of the stretching programs offered by FAST Performance Training. I recognize and understand that, while unlikely, my participation may result in physical harm (which could require medical attention and hospitalization), including, without limitation, muscular damage, skeletal damage, or nerve damage i.e., fracture, sprains, strains, tears of ligaments or tendons, bruising, bleeding, hyperextension, inflammation, etc.

_____ I willingly assume full responsibility for any risks to which I am exposing myself due to my being stretched at FAST Performance Training. **By considering these risks, I understand that I am waiving claims I may otherwise have had.**

_____ **Health Risks:** I hereby warrant that I know of no medical problems that would put me at an increased risk of injury as a result of receiving a stretch. I also want to warrant that I have not made FAST Performance Training, aware of why I cannot receive their offered services. Reasons I may be unfit to receive a stretch include but are not limited to, muscular damage, skeletal damage, and nerve damage.

_____ **Release:** In full consideration of the above mentioned risks and hazards and in full consideration of the fact that I am willingly and voluntarily accepting the services offered by FAST Performance Training, and with my full understanding of all of the above, I voluntarily waive, release, discharge, and hold harmless FAST Performance Training of any liability, claims, demands, actions, causes of action, rights of action, and damages of any kind related to, arising from, or in any way connected with, my receiving stretching services offered by FAST Performance Training **including those allegedly attributed to the negligent acts or omissions of the parties mentioned above.** In signing this document, I fully recognize and understand that **if I am hurt**, I am giving up my right to make a claim or file a lawsuit against FAST Performance Training even if they negligently or by some other act or omission caused the injury or damage.

THIS SHALL REMAIN IN EFFECT FOR FUTURE VISITS UNLESS & UNTIL REVOKED

_____ I have read this document in its entirety. I fully understand the preceding assumption of risk and release of liability and all terms and conditions contained herein, and I know that by signing below, I have released any claims against FAST Performance Training and its owners, members, managers, affiliates, agents, officers, principals, independent contractors, and employees. I understand that I am waiving valuable legal rights by voluntarily signing this form. This agreement shall bind me, my successors, representatives, heirs, executors, assigns, and transferees. If any portion of this agreement is held invalid, I agree that the remainder of the agreement shall remain in full legal force and effect.

_____ A FAST representative has thoroughly explained the above to me.

Signature _____ Witness Signature _____

Date _____