

**WEST BROWNSVILLE ATHLETIC CLUB**  
**WAIVER AND RELEASE AGREEMENT**

NAME: \_\_\_\_\_ DATE \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
HOME PHONE \_\_\_\_\_ BUSINESS PHONE \_\_\_\_\_  
DATE OF BIRTH \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

**READ AND SIGN THE FOLLOWING PRECAUTIONS NECESSARY BEFORE WORKING OUT**

1. I assume any and all risk to myself involved in or arising from or my use of presence upon the facilities, including, without limitations, the risk of bodily injury, property damages or death. I hereby affirm that I understand the inherent hazards of accidental injury in connection with activities or being on the facilities. I understand that any activity which involves height, motion or water creates the possibility of accidental injury. I am fully aware of and appreciate the risk catastrophic injury, paralysis and even death as well as other damages and losses associated with my participation and use of the facilities at the West Brownsville Athletic Club.
2. I release the West Brownsville Athletic Club and all of its successors, assigns, subsidiaries, officers, directors, employees and agents from the agree not to sue them on account of or in connection with any claims, cases of action, injuries, damages, costs and/or expenses arising out of my use or presence upon the West Brownsville Athletic Club or use the facilities of the West Brownsville Athletic Club including, without limitation, those based upon death, bodily injury or property damages; whether or not caused by the negligence or fault of the West Brownsville Athletic Club, of its agents, employees, or servants, whether paid or volunteer
3. I agree to indemnify and hold harmless and defend at my own cost, the West Brownsville Athletic Club, its agency, employees and servants from and all liability, damages, losses, claims, judgments, cost or expenses, including attorney fees which in any way may arise from my use of the facilities of the West Brownsville Athletic Club, irrespective or whether such liability, damages, losses, claims, judgments, cost or expenses, or actually or allegedly caused wholly or in part through the negligence of the West Brownsville Athletic Club or any its agents, employees or servants; whether paid or volunteer.

\_\_\_\_\_  
PRINT NAME

\_\_\_\_\_  
SIGN NAME

\_\_\_\_\_  
DATE

If under 18 years of age, parent/guardian signature:  
\_\_\_\_\_