

# FIRED UP 2K PAR-Q/Liability Form

NAME:

ADDRESS:

Email:

AGE:

GENDER:

Phone #: Cell:

Other:

Emergency Contact Name:

Do you have any concerns about participating in a strenuous fitness program?

YES

NO

Past Medical History:(Information stated here is for Fired Up 2K only, Fire Deptmnts will not be given this information)

YES

NO

Has your Doctor ever informed you that you have heart trouble?

To the best of your knowledge, do you currently have High Blood pressure?

Have you undergone major surgery within the past year? If yes, please explain:

Do you currently have a bone or joint problem that may become aggravated with strenuous exercise?

Do you have DIABETES? If so, what type?

Do you have any concerns about participating in a strenuous fitness program such as dizziness, fainting, chest pains, pregnancy, low back pain, smoking,

current medications, etc.? If so, please explain:

Are you currently taking medication? If so, please list:

Is there anything, not mentioned above, that we should be aware of in order for us to training program for you?

If yes, please explain:

***As a client of FiredUp2K, I intend to engage in strenuous physical activities. I acknowledge that these activities involve certain risks and I understand that being a part of the FiredUp2K program that I voluntarily assume these risks. I mean to include in the assumption of risk, the risk of injury, no matter how serious. In consideration of being accepted as a client of FiredUp2K, I hereby release and forever discharge FiredUp2K, its management, partners, sponsors, agents, contractors, and employees (whether acting within the scope of their employment or not) from any claims, demands, or causes of action relating to or arising from my presence or participation in a FiredUp2K program which may result in injury to me or even death. I intend this release to bind my heirs, executors, assigned administrators, personal representatives, and myself. I am aware that I may be videotaped during the training and that said video may be used on a webcam or internet. I understand that I am prohibited from training while under the influence of drugs or alcohol. I am aware that during and after the training sessions. I acknowledge that during training I am required to wear long pants, a helmet and gloves, that FiredUp2K reserves the right to refuse to train anyone at anytime, and that my membership is non-transferable and non-refundable. I am fully aware that all training programs, ideas, written or otherwise are a copyrighted and FiredUp2K retains intellectual property rights, and said programs and, ideas are under non-disclosure. I, as the receiving party, shall hold all information received in confidence. Confidential information includes all tangible materials (documents, computer disks, and tapes), commercial and personal secrets, software and hardware products and technical data.***

**I have read this Release of Liability and Waiver Agreement fully understanding it's terms, and understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any incentive. I understand I am training at my own risk.**

Client Name (Please Print):

Client Signature:

Date:

**FIRED UP 2K INC.**

[www.firedup2k.com](http://www.firedup2k.com)