

## Parent/Guardian Release

I desire to have my child voluntarily participate in a BULLDOG exercise and fitness program. I understand that exercise sessions may consist of both "aerobic" type activities, which use the large muscle groups in a rhythmical and repetitive manner for a sustained period, as well as muscle resistance type activities such as weight training. I understand that exercise at BULLDOG is designed to be exertional, and that such physical exertion has the potential to improve functioning of the cardiovascular and skeletal systems, although specific guarantees of improvement cannot be made. I understand that certain physiological changes occur with exercise, some of which can pose health risks. Changes to expect include increases in blood pressure and heart rate.

I agree to instruct my child to immediately report to a staff member any signs of physical distress or symptoms such as chest pain or unusual shortness of breath. I agree to take personal responsibility for my child using proper footwear and clothing, always warming up and cooling down with each workout, asking for instructions from an instructor before using equipment, proper use of equipment, working at an exercise pace appropriate for his or her fitness level, and acting on adverse signs and symptoms. In consideration of my child's membership and voluntary participation in BULLDOG facilities and programs, I, for my child, heirs, executors, administrators and assigns, hereby **release** and discharge Bulldog Interactive Fitness Inc. ("BULLDOG"), and their agents and employees from any and all demands, causes of action and claims for damages suffered as a result of my child's participation in above mentioned activities. I specifically **release** BULLDOG, their employees and associates from all injuries or damages arising from or contributing to any physical impairment or defect my child may have, whether latent or patent, and agree that BULLDOG is under no obligation to provide physical examination or other evidence of my child's fitness, the same being my sole responsibility.

BULLDOG reserves the right to withdraw any type of membership at any time from any member. Unused portion of membership fees may be refunded in this circumstance. Refund of all or part of the sum paid will not be made under any circumstances. Bulldog is not responsible for any lost, stolen, misplaced goods – the guest or member of Bulldog is solely responsible for all of their belongings.

I have read and understand all policies and procedures of BULLDOG, and accept responsibility for my child abiding by all regulations and policies, which may from time to time be reasonably adopted.

Parent/Guardian Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Contact Number \_\_\_\_\_ Email: Yes  No  \_\_\_\_\_  
To receive the Doghouse Newsletter, and updates on upcoming events and promotions.  
Sign up here!

Participant(s) Name \_\_\_\_\_ Age: \_\_\_\_\_  
\_\_\_\_\_ Age: \_\_\_\_\_  
\_\_\_\_\_ Age: \_\_\_\_\_

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

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