

STARS Exercise Participant Waiver

Each participant must initial a waiver prior to strength training sessions.

Assumption of Risk for Participation in the STARS Exercise Wellness For All Programs:

Each participant must realize that there are risks, hazards, and danger inherent in such activities. It is the responsibility of each participant to participate only in those activities for which he/she has the prerequisite skills, qualifications, preparation, and training. Each participant must complete the STARS Screening Survey, including the Physical Activity Readiness Questionnaire (PAR-Q) prior to participation. STARS Exercise does not warrant or guarantee in any respect the benefits in connection with the activity. Therefore, in consideration of the benefits received from the program, the undersigned assumes all risks of damages or injury, including death, that may be sustained by him/her while participating in an online, exercise activity.

Release, Covenant Not to Sue, and Waiver.

Exercise involves an inherent risk of physical injury and the undersigned assumes all such risks. The undersigned hereby agrees that for the sole consideration of STARS Exercise allowing the undersigned to participate in STARS Exercise Wellness for All Programming for which or in connection with which STARS Exercise has made available any instructions, recordings, grounds, or personnel for such training, the undersigned does hereby release, covenant not to sue, and forever discharge The STARS Exercise Program and founder, instructors, employees, and volunteers of any and for all claims, demands, rights, and causes of action of whatever kind or nature including but not limited to negligence, unforeseen bodily and personal injuries, damage to property, and the consequences thereof resulting from participation in any way connected with such recreational programs and activities. The undersigned understands that this Release, Covenant Not to Sue, Waiver, and Assumption of Risk shall be effective from the date of signature until the effective termination of services by STARS Exercise. By initialing or signing this document, the undersigned hereby acknowledges that he/she/they has read the above carefully before initialing, and agrees to comply with all the above.

We request 24 hours notice to change or cancel a scheduled appointment to allow other participants on waitlists to join.

Participant Signature