



The McCarthy Project Summer Retreat

Please complete form for each person attending retreat. Mail form with payment information to the address below. Make checks and money orders payable to Stephen McCarthy. If paying via credit card, call 612-741-0982. All retreats must be paid in full 14 days before retreat begins. Fee of \$100 will be charged for all cancellations within 14 days of retreat date. For questions, contact via phone or email cs@themccarthyproject.com.

Participant's Name: _____ Birth date _____

Parent or Guardian Name : _____

Address: _____ City: _____

State: _____ Zip: _____ Email Address: _____

Home Phone: _____ Cell Phone: _____

My Retreat Location: _____ Date and Retreat Code: _____

Payment Amount: _____ Payment Type: _____

Recent health history that the trainer should be aware before starting? _____

Release and Waiver Agreement

The participant acknowledges that in the course of the personal training activities which may include, but are not limited to, walking, running, weight lifting, aerobics and the use of various exercise equipment, the participant will undergo strenuous physical activity and that accidents and physical injuries are risks to the participant from the activities. The participant represents that he or she is in good health and in proper physical condition to participate in the personal training activities.

The participant acknowledges that he or she is responsible for providing his or her own medical insurance and is responsible for any and all medical expenses participant may incur in participating in the personal training activities contemplated by this Agreement. The participant consents to The McCarthy Project staff providing temporary first aid to the participant in the event of injury or illness and, if deemed necessary by the staff, treatment by a doctor or other medical professional, and to the transport to a medical facility, either by a staff member or otherwise.

The participant expressly agrees to assume the hazard and risk of any and all accidents or injuries incident to the personal training activities of the participant. The participant releases, discharges and covenants not to sue Stephen McCarthy or The McCarthy Project, its affiliates, facility owners, and the employees, agents and independent contractors of any of the foregoing (the "Releasees") from any and all liability, claims, demands, losses, damages and expenses, including attorney fees, alleged to be caused in whole or in part, directly or indirectly, by any of the Releasees, in connection with any personal training activities.

The participant agrees to defend, indemnify and hold harmless the Releasees, and each of them, from any claims, injuries, liability or damage, including attorneys fees, directly or indirectly sustained, claimed or resulting from or during any personal training activities, and while on the premises or otherwise.

If the participant is a minor, by signing below, the minor's parent or legal guardian acknowledges the risks of the activities contemplated hereby and agrees to the terms above for themselves and on behalf of the minor participant.

Participant Signature, - Signature Parent/Guardian, if applicable

Date _____