



ATHLETIC WAIVER AND RELEASE OF LIABILITY

READ BEFORE SIGNING

In consideration of being allowed to participate in any way in any HSM Core, LLC athletic, sports or physical fitness programs ("Programs"), related events and activities, I, the undersigned, acknowledge, represent, and agree that:

Section A

1. I intend to be legally bound by the provisions of the Athletic Waiver and Release of Liability. I am physically fit and have not been informed otherwise by a physician.
2. I am aware of all of the risks inherent in participation in the Programs, including the potential for permanent paralysis, disability and death, and I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS and assume full responsibility for my participation in Programs.
3. I willingly agree to comply with the stated and customary terms and conditions for participation in the Programs, as such terms and conditions may be established from time to time by Releasees (defined below). If, however, I observe any unusual significant hazard during my presence or participation in any of the Programs, I will remove myself from participation and bring such hazard to the attention of the nearest official immediately.
4. As a condition of my participation in the Programs or any activities incident thereto, I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby waive any and all rights to claims for loss or damages, including all claims for loss or damages caused by the negligence, active or passive, of the following including any officers, agents, employees, or instructors thereof: HSM Core, LLC, Liz Hilliard, any other participants in any of the Programs, the host facility(ies) at which any of the Programs are conducted and any individuals officiating, moderating or supervising such Programs ("Releasees").
5. In addition, I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless Releasees with respect to any and all injury, disability, death, or loss or damage to person or property, whether arising from the negligence of the Releasees or otherwise, to the fullest extent permissible by law.
6. Use of Images/Likeness: I grant permission to HSM Core, LLC, and any or their affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings or other record for advertising, promotion or any other legitimate purpose.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name

Date

Signature