



Synergy Sports Performance Training, LLC

PARTICIPANT LIABILITY WAIVER

Participants Waiver of Liability, Assumption of Risk, and Releases

I, as the parent/guardian of the student I am registering to train at SYNERGY SPORTS PERFORMANCE TRAINING LLC, in Clinton Township, Michigan, or for myself, hereby give my permission for my child or myself to participate in all training classes and related Synergy SPT Program ("Programs").

In consideration of being allowed to participate in any way in the Programs, related events and activities, and in consideration of service rendered by the "Releases" listed below, the undersigned specifically acknowledges, appreciates, represents, and agrees that:

The risk of injury from the activities involved in the Programs is significant, including the potential for permanent paralysis and death, and while particular rules, equipment and personal discipline may reduce the risk, the risk of serious injury does exist; and I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the Releases listed below or others or hidden, latent, or obvious defects in the equipment, premises, or facilities used. I further state that my child or I am in proper physical condition to participate in the Programs. I assume full responsibility for my child's or my participation, and I willingly agree to comply with the stated and customary terms and conditions for my participation. If, however, I observe an unusual significant hazard during my presence or participation, I will remove my child and/or myself from participation and bring such hazard to the attention of the nearest official immediately. I understand that participants in the Programs will be training with and utilizing customized equipment and that timing devices may be employed.

I, for my child and/or myself, and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless SYNERGY SPORTS PERFORMANCE TRAINING, LLC, a Michigan limited liability company, their Members, officers, officials, agents, contractors, and/or employees, as well as all other participants (hereinafter collectively the "Releases") with respect to any and all liability, claims, injury, disability, death or loss, or damage to person or property, whether arising from the negligence, both passive or active, of the Releases or otherwise. I have read this waiver of liability and assumption of risk agreement, and I fully understand its terms. I understand that I have given up substantial rights by signing it, and I sign this waiver and release freely and voluntarily without any inducement.

Code of Conduct

Our trainers and staff have elevated expectations of all athletes and their guests when entering the facility.

Athletes are expected to **R.E.A.C.H.** during their time at Synergy.

R – RESPECT

Respect all trainers, athletes, guests, and equipment inside and outside the facility.

E – EDUCATION

Your time at Synergy is an opportunity to gain experience and learn. Focus during this opportunity and embrace what the trainers and staff are teaching.

A – ATTITUDE

Come to Synergy ready to work, encourage your fellow athletes, and listen to the trainers and staff.

C – COURAGE

Have the courage to:

- Try something new
- Be a leader
- Work harder
- Push your limits
- Fail
- Get back up again
- Keep going
- Achieve

H – HONESTY

Be honest in your efforts, scores – and counting.

EQUIPMENT

Athletes are expected to treat all equipment with respect.

- Equipment is not to be used without the approval and supervision of Synergy trainers and staff.
- Re-rack your weights
- Clean equipment prior to leaving the station with the provided cleaning materials
- Bring your own reusable water bottle.
- No seeds within the facility.

Normal wear and tear are expected. Parties intentionally or recklessly damaging equipment or the facility will be asked to leave the premises and forfeit any future instruction.

ATTIRE

- Proper gym attire shall be worn.
- No cleats. Sneakers or turf shoes are proper for turf.
- Ice skates should never be taken on the turf.

GYM

- The gym is strictly for trainers, athletes, and Synergy staff members.
- Throwing is only acceptable in designated areas as instructed by trainers and staff.
- Seating is available in the lobby area for parents, siblings, and guests.
- PARENTS must remain in the lounge area or drop off your athlete to ensure the safety of our trainers, athletes, and parents.
- If parents have a hockey player with a scheduled appointment on the Hockey Treadmill parents will be allowed in the Hockey area in the back of the building. **DO NOT USE THE TURF TO WALK ACROSS DURING PEAK HOURS.** Use the rubber pathway on the left side of the turf.
- If parents are on a tour with a trainer of the facility, access to the training center is permitted.
- The training area is not a playground for siblings or a gathering place for parents to watch.

Synergy is a positive environment for achieving individual and team goals.

Zero tolerance will be given for racism, discrimination, derogatory comments, foul language, fighting or destruction of property.

If you are asked to leave the facility for any of the above reasons, you will forfeit all future sessions with zero reimbursement.