



Smart Girl Self Defense® by Jackson Wink

WAIVER OF RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY

In consideration of your acceptance as a member of Smart Girl Self Defense by Jackson Wink, I do hereby, for myself, my heirs, executors and administrators waive, release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless any and all rights and claims for damages which I may have or may accrue to me against Smart Girl Self Defense, all instructors and members of Smart Girl Self Defense, owners and leasers of premises on which Smart Girl Self Defense is located and against any participant for any and all damages which may be sustained by me, in connection with and my association with Smart Girl Self Defense and athletic events/seminars or trainings or which may arise out of travel to, participation in, and returning from any athletic events/trainings, firearm training, or self-defense and health related seminars.

I understand the nature of the activities and believe that my experience, health, and capabilities to be qualified to participate in Smart Girl Self Defense and associated athletic events/trainings or seminars. I understand that with participation in any sport, self-defense training, firearm training or athletic event there is inherent risk and therefore this may involve risk and dangers of bodily injury, including permanent disability, emotional distress, paralysis, and death. These risks and dangers may be caused by my own actions, or inactions and of others participating at Smart Girl Self Defense by Jackson Wink, and any associated athletic events/trainings/self-defense, firearm training, and health related seminars. Before undergoing any form of exercise, an examination or consultation with your doctor is suggested. Participation in these events may or may not be conducive to your health if you are pregnant or have a disease.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without an inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid that the balance, notwithstanding, shall continue in full force and effect.

Participant Signature

Parent or Guardian (if under age 18)

Participant's Name Printed

Participant's Age

Emergency Contact Name

Emergency Phone Number