



**Informed Consent, Waiver, and Release Agreement
for "Bring a Friend to Camp"**

This waiver and release is entered into between the undersigned and Cave Creek Adventure Boot Camp, its instructors, officers, affiliates, subsidiaries and executors.

The purpose of the Cave Creek Adventure Boot Camp Program offered by Jodi Norton, is to provide fitness instruction and coaching for various levels of individuals/athletes.

The undersigned hereby acknowledges that the following was explained to me and/or agree to the following:

1. Acknowledges that the instructor is not a physician and is not trained in any way to provide medical diagnosis or any other type of medical advice.
2. Acknowledges that coaching/training is another tool for teaching athletes/individuals about themselves, but Cave Creek Adventure Boot Camp does not guarantee neither good nor bad will occur, nor guarantees the training advice given by Cave Creek Adventure Boot Camp or its instructors will produce good nor bad results.
3. Acknowledges that the undersigned has been told if they feel tired, feel pain or feel out of the ordinary in any way either related to your training, or otherwise, that the undersigned should contact a physician at once.
4. Acknowledges that boot camps, aerobic classes, martial arts, kick boxing, running, kung-fu, weight training, obstacle courses, and any other related sports are an extreme test of one's mental and physical limits and carry with it potential for damage or loss of property, serious injury and death. That the undersigned assumes the risks of participating in these types of events and activities, that they are fit, and they have a regular medical physician they can contact regarding any medical problems that they might develop.

The undersigned expressly waive, release, discharge and agree not to sue from any liability of death, disability, personal injury, or action of any kind Cave Creek Adventure Boot Camp, its instructors, officers, affiliates, and executors for the undersigned participating in said sporting events and/or training for said sporting events.

The undersigned agrees that this is the full agreement between the parties, that no representatives of Cave Creek Adventure Boot Camp nor anyone else has verbally contradicted any of the terms of this release and that the undersigned has entered into this agreement free and voluntarily without force or coercion.

The undersigned agrees to confidentiality with respect to Cave Creek Adventure Boot Camp and all services provided by same. Undersigned agrees to refrain from disclosing, directly or indirectly, any and all aspects of Cave Creek Adventure Boot Camp. The undersigned agrees to non-compete within a 50 mile radius of Cave Creek Adventure Boot Camp for a period of 5 years from date of participation.

_____/_____/_____
Signature Printed Name Date