



## Hold Harmless Waiver

In consideration for my being allowed to participate in fitness activities at North County MMA & Ultimate Fitness, I hereby acknowledge that such activities (and the gathering of people in public generally) include many risks, known and unknown, and that I hereby accept and assume all risks associated with such activity. I further agree to hold North County MMA & Ultimate Fitness, its member, affiliates, agents, LBCs, directors, employees, volunteers, and other persons associated with North County MMA & Ultimate Fitness harmless from and release them of any liability whatsoever for any and all claims, demands, damages and causes of action of any nature whatsoever related to my participation in those activities.

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_