

Consent/Hold Harmless Agreement

I, the undersigned, in consideration of being permitted to participate in programs and services at or by Foresi's Individualized Training, LLC facility at 122 Spring St Unit D4,D5 Southington CT 06489, or offsite training, do hereby for myself and or my children, forever release, acquit, and discharge Foresi's Individualized Training, LLC and all of its directors, coaches, and staff collectively from any and all claims, demands, actions, and causes of action which I or my representative may have by reason of any injury or illness, which may occur as a result of the use of Foresi's Individualized Training, LLC facilities, services or programs.

In addition the undersigned acknowledges the novel coronavirus ("Covid-19"), which has been confirmed in the United States and Connecticut. In accordance with the most recent guidance and protocols issued by the World Health Organization (WHO) and the Center for Disease and Prevention (CDC) and the Connecticut Reopen Guidelines, the undersigned hereby agrees, represents, and warrants that neither the undersigned nor participating children have been exposed to a suspected party of or traveled to an area of a suspected or confirmed case of Covid-19. The CDC is continuously updated for the Travel Health Network to locate areas if the undersigned has traveled to. The undersigned agrees to check the CDC Health Travel Notice list <https://wwwnc.cdc.gov/travel/destinations/list> before attending Foresi's Individualized Training, LLC. The undersigned hereby agrees, represents, and warrants nor the undersigned or participating children of shall utilize services or programs of Foresi's Individualized Training LLC if he or she is experiencing symptoms of covid-19, including but not limited to coughing, sneezing, shortness of breath or other Covid-19 symptoms.

Foresi's Individualized Training has taken certain steps to insure the health and safety of the individuals and staff of it's facility. We will follow the Public Health Guidelines as they change. The undersigned and the children of the undersigned fully understand both the known and potential dangers of participating in programs and services at and with Foresi's Individualized Training LLC despite its efforts to mitigate all dangers as a result of exposure to Covid-19.

As further consideration, I hereby agree to indemnify and save harmless Foresi's Individualized Training, LLC and all of its personnel individually and collectively against any and all further claims for damages, costs, and expenses by or on my behalf arising out of the use of Foresi's Individualized Training, LLC facilities.

In addition, the undersigned and children of the undersigned represent that, to the best of my knowledge and belief, has no physical infirmity or disability that will affect his or her part of service or program while at Foresi's Individualized Training, LLC.

Consent to Photograph: Member (or parent/guardian if member is under 18 years of age) grants permission to F.I.T to publish and utilize photographs for inclusion in any publication authorized by Foresi's Individualized Training LLC. If at any time I do not want to be included in any photos or videos, I will put my denial request in writing to F.I.T. Member (or parent/guardian if member is under 18 years of age) also agrees to allow F.I.T to use photographs, negatives, images, reprints, and videos to be used for print advertising/marketing presentations to the public, through all media, including web sites and/or display units. The term "photograph" as used herein includes video or still photography, in digital or any other format, and any other means of recording or producing images

Name of Participant: _____ Date of birth: _____
(Please print)

Participant Signature _____ Date _____

***Parent/Guardian Signature _____ Date _____
(If under the age of 18)

Email: _____ Cell: _____



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