



## WAIVER AND RELEASE FORM

inteGRITy Training with EMS may not be performed in the case of the following conditions:

<ul style="list-style-type: none"><li>• Acute influence of alcohol, drugs, narcotics, and/or pain killers</li><li>• Recent operations</li><li>• Cardiac arrhythmias</li><li>• Active medical implants</li><li>• Epilepsy</li><li>• Seizures</li><li>• Pregnancy or suspected pregnancy</li><li>• Severe circulatory disorders</li><li>• Arterial circulatory disorders</li><li>• Strong bleeding tendencies (hemophilia)</li><li>• Bleeding</li><li>• Abdominal wall hernia</li><li>• Inguinal hernia</li><li>• Tuberculosis</li></ul>	<ul style="list-style-type: none"><li>• Tumor diseases</li><li>• Arteriosclerosis in advanced stage</li><li>• Severe neurological disorders</li><li>• Diabetes mellitus</li><li>• Febrile diseases</li><li>• Acute bacterial or viral infections</li><li>• Liver diseases</li><li>• Kidney diseases</li><li>• Cardiovascular diseases</li><li>• Coronary heart diseases</li><li>• Infected or wounded areas of the skin</li><li>• Skin cancer</li><li>• Rhabdomyolysis</li></ul>
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The training with EMS is highly intensive. **Please drink a sufficient amount of liquid (minimum 16oz) beforehand and discontinue training immediately if you feel sick or unwell.** Avoid additional physical effort on the same day. Because physical exercise can be strenuous and subject to risk of serious injury, we urge you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity using inteGRITy training EMS equipment. You agree that by participating in physical exercise or training activities with inteGRITy EMS, you do so entirely at your own risk. You agree that you are voluntarily participating in these activities and use of these facilities and equipment and assume all risks of injury, illness, or death. We are also not responsible for any loss of your personal property.

You acknowledge that you have carefully read this “waiver and release” and fully understand that it is a release of liability. You expressly agree to release and discharge inteGRITy Training and any of its suppliers, employees, agents, consultants or qualified trainers from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against inteGRITy Training any of its suppliers, employees, agents, consultants or qualified trainers for personal injury or property damage. To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence. If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed herefrom.

By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

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SIGNED

PRINTED NAME

DATE