



# PEAK PERFORMANCE, LLC

***Northern Colorado's Premier Athletic Training Program***

## **Informed Consent Agreement**

I, \_\_\_\_\_ acknowledge that entering into an athletic training program is designed to improve my personal fitness. I understand that in undertaking this *Peak Performance* program some risk may be involved as in any activity, and I fully assume that risk

In consideration of being permitted to participate in any way in *Peak Performance* training events, I for myself, my personal representatives, assigns, heirs, and next of kin:

Acknowledge, agree and represent that I understand the nature of activities that the athlete (as named above) will participate in, and that he/she is qualified, in good health, and in proper physical condition to participate in such activities. I further agree that if at any time I believe the conditions or equipment to be unsafe, I will immediately discontinue further participation in the activity.

I fully understand that (a) activities involve risks and dangers of injury, and (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the activity.

I have read and understand this form and the program it describes, and I do voluntarily request the right to participate in the program. I do hereby discharge, release, and hold harmless *Peak Performance*, its owners, employees, and agents from any and all liability for damages resulting from injury by participating in the *Peak Performance* athlete training program.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or legal Guardian (if under the age of 18)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Peak Performance Representative

\_\_\_\_\_  
Date