

503 Sprints -- Release of Liability, Waiver of Claims, and Assumption of Risk Agreement

Last updated: May 10, 2026

DRAFT -- Pending legal review. Do not rely on as legal advice.

Intro

In consideration of being permitted to participate in sprint training, conditioning, and related athletic activities provided by Grant Valley d/b/a 503 Sprints, the undersigned agrees as follows:

1. Assumption of Risk

Participant understands that the Activities involve inherent risks of physical injury, including but not limited to muscle strains, sprains, fractures, contusions, and in rare cases, serious injury or death. Participant voluntarily assumes all such risks, whether known or unknown.

2. Health Representation

Participant represents that they are physically fit and have no medical condition that would prevent safe participation. Participant agrees to inform Coach of any injuries, illnesses, or conditions before each session.

3. Release and Waiver

Participant hereby releases, waives, and discharges Coach from any and all claims, demands, or causes of action arising out of or related to participation in the Activities, including those caused by ordinary negligence, to the fullest extent permitted by Oregon law.

4. Indemnification

Participant agrees to indemnify and hold Coach harmless from any loss, liability, or cost incurred as a result of Participant's participation in the Activities.

5. Medical Authorization

In the event of injury, Participant authorizes Coach to seek emergency medical care on Participant's behalf. Participant is responsible for all resulting medical costs.

6. Photo/Video Release

Participant grants Coach permission to use photographs or video taken during sessions for promotional purposes. Participants may opt out by emailing Coach in writing.

7. Governing Law

This agreement is governed by the laws of the State of Oregon. Any dispute shall be resolved in the courts of Washington County, Oregon.

8. Severability

If any provision is held unenforceable, the remaining provisions remain in full force.

SIGNATURES

Participant Name: _____

Date of Birth: _____

Signature: _____ Date: _____

If Participant is under 18, Parent/Guardian must sign:

Parent/Guardian Name: _____

Relationship to Participant: _____

Signature: _____ Date: _____

Waivers are signed during the booking confirmation flow. This page is for reference.

503sprints.com/waiver