



Participation Agreement and Waiver and Release of Liability

PARTICIPATION AGREEMENT

First Baptist Church of Bandera is committed to providing a safe and secure environment within all activities and ministries of the church. Leaders and participants in the **Fit for GOD** ministry are expected to (1) treat others with kindness and respect, (2) not engage in hurtful or abusive conduct and report any such behavior by others to a leader or pastor, (3) refrain from hurtful or abusive language and profanity, (4) respect all church property and the property of others, (5) dress in a manner appropriate for the activity and which reflects church values of modesty and decency, (6) not have in their possession any substance or object that may pose harm to an individual or property, and (7) not photograph or record anyone present without their prior approval. Any departure from this Participation Agreement will be considered a serious matter and addressed accordingly.

WAIVER AND RELEASE OF LIABILITY

I am voluntarily participating in the **Fit for GOD** fitness and training ministry at **First Baptist Church of Bandera**. I recognize that this ministry requires physical exertion that may be strenuous at times and could cause physical injury and am fully aware of the risks and hazards involved. I am aware of my responsibility to consult with my personal physician regarding my clearance and medical fitness to engage in strenuous exercise and any nutritional support ministry. I represent and warrant that I have no medical condition that would prevent my participation in **Fit for GOD**.

I agree that I am voluntarily participating in any and all activities and use of any and all facilities, premises, and equipment and hereby assume all risks of injury, including, without limitation: (a) the use of all amenities and equipment in and around the facility, as well as any off-site location, and participation in any and all activities, classes, programs, personal training sessions or instruction, on-site or off-site, (b) the sudden and unforeseen malfunctioning of any amenities or equipment, (c) the instruction, training, supervision or dietary recommendations provided by the instructors, or their designees administering the ministry, as well as the ministry creators themselves or anyone in connection with them, regardless of negligence.

I have read and agree to abide by the above stated Participation Agreement. I also acknowledge that I have carefully read and consent to the Waiver and Release of Liability and fully understand that it is a release of liability. I agree to voluntarily give up any right that I may otherwise have to bring a legal action against the facilities providing the ministry, the ministry itself, as well as the instructors or designees, its creators, or anyone in connection with them.

Signed _____ Date _____

Printed Name _____

Email _____ Cell Phone _____

Emergency Contact (Name) _____ (Phone) _____

I WOULD LIKE TO RECEIVE Fit for GOD Ministry EMAIL UPDATES _____ YES _____ NO