

WAIVER AND RELEASE FROM LIABILITY

I HEREBY WAIVE AND RELEASE, indemnify, hold harmless and forever discharge **Arloa Reston** from any and all claims, demands, debts, contracts, expenses, causes of action, lawsuits, damages and liabilities, of every kind and nature, whether known or unknown, in law or equity, that I ever had or may have, arising from or in any way related to my participation in any of the events or activities conducted by, on the premises of, or for the benefit of a **Pole Private Lesson, Pole Fitness Class or Pole Party** provided that this waiver of liability does not apply to any acts of gross negligence, or intentional, willful or wanton misconduct.

I understand that the activities that I will participate in are inherently dangerous and may cause serious or grievous injuries, including bodily injury, damage to personal property and/or death. On behalf of myself, my heirs, assigns and next of kin, I waive all claims for damages, injuries and death sustained to me or my property, that I may have against the aforementioned released party to such activity.

By this Waiver, I assume any risk, and take full responsibility and waive any claims of personal injury, death or damage to personal property associated with **Arloa Reston**, including but not limited to participating in stretching exercises, dance routines, utilizing the dance pole for dance moves, swinging or leaning against the dance pole, using the dance pole in any manner, form or fashion, and practicing and/or engaging in pole dancing activities, or other related activities on and off the premises.

This WAIVER AND RELEASE contains the entire agreement between the parties, and supercedes any prior written or oral agreements between them concerning the subject matter of this WAIVER AND RELEASE. The provisions of this WAIVER AND RELEASE may be waived, altered, amended or repealed, in whole or in part, only upon the prior written consent of all parties.

The provision of this WAIVER AND RELEASE will continue in full force and effect even after the termination of the activities conducted by, on the premises of, or for the benefit of **Arloa Reston** whether by agreement, by operation of law, or otherwise.

I have read, understand and fully agree to the terms of this WAIVER AND RELEASE. I understand and confirm that by signing this WAIVER AND RELEASE I have given up considerable future legal rights. I have signed this Agreement freely, voluntarily, under no duress or threat of duress, without inducement, promise or guarantee being communicated to me. My signature is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE of all liability to the full extent of the law. I will inform the instructor of any pre-existing medical conditions or injuries I currently have. I am not under a doctor's care. I am 18 year of age or older and mentally competent to enter into this waiver. I am not pregnant. All choreographed, instructional techniques, as well as class structure contained within these classes have been expressed by creator Arloa Reston. This falls under copyright, trademark laws as intellectual property and may not be resold or barterer for material gain, or for material profit of any kind.

Date _____ E-mail address _____

Print Name _____ phone _____

Signature _____

Emergency Contact: _____ phone _____