



Liability Waiver and Release Form
Hot Flash Huddle
Virtual Coaching

Instructions:

- Please read this form carefully before signing.
- If you have any questions or concerns about this waiver, please discuss them with me.
- Return a signed copy to Irene prior to coaching sessions.

Client Information:

- Name: _____
- Address: _____
- _____
- Cell Phone: _____
- Preferred Email: _____
- Emergency Contact: _____
- Cell Phone: _____
- Relationship: _____

Acknowledgment of Risks and Responsibilities:

I, _____, acknowledge and agree to the following:
(printed name)

1. Voluntary Participation:

- I am voluntarily participating in in-person and/or virtual coaching and training sessions provided by **The Menopause Mentor**. I understand that participation in these activities involves inherent risks, including but not limited to, physical injury, illness, and in rare cases, death.

2. Medical Clearance:

- I certify that I am in good physical condition and have no medical conditions or impairments that would prevent my safe participation in the coaching and training sessions. I have consulted with a physician regarding my participation if I have any pre-existing conditions or concerns.

3. Assumption of Risk:

- I understand that my participation in the coaching and training sessions involves the risk of injury. I assume full responsibility for any injuries or damages that may occur to me during my participation, including, but not limited to, injuries caused by falls, equipment, and physical exertion.

4. Release of Liability:

- In consideration of being allowed to participate in the coaching and training sessions, I, for myself and my heirs, personal representatives, and assigns, hereby release, discharge, and hold harmless **The Menopause Mentor**, its instructors, agents, and employees from any and all claims, demands, rights of action, or causes of action, present or future, arising out of or connected with my participation in these sessions.

5. Indemnification:

- I agree to indemnify and hold harmless **The Menopause Mentor**, its instructors, agents, and employees from any and all claims, demands, or causes of action, including attorney's fees and expenses, arising out of or connected with my participation in the coaching and training sessions.

6. Virtual Training Acknowledgment:

- For virtual coaching and training sessions, I acknowledge that it is my responsibility to ensure a safe environment for exercise, including but not limited to, having adequate space, proper equipment, and stable internet connection. I understand that the trainer cannot see my environment and is not responsible for any injuries or damages that may occur as a result.

7. Personal Property:

- o I acknowledge that **The Menopause Mentor** is not responsible for any lost, stolen, or damaged personal property during my participation in the coaching and training sessions.

8. Media Release:

- o I grant permission to **The Menopause Mentor** to use photographs, videos, or other media that may be taken during the sessions for promotional purposes. I understand that I will not receive any compensation for the use of such media.

9. Compliance with Rules:

- o I agree to comply with all rules and regulations set forth by **The Menopause Mentor** during the coaching and training sessions, both in-person and virtual.

10. Severability:

- o If any provision of this agreement is found to be invalid or unenforceable, the remaining provisions will continue to be valid and enforceable.

By signing below, I acknowledge that I have read and understood this Liability Waiver and Release Form, and I agree to be bound by its terms. I understand that this is a legally binding document and that I am waiving certain legal rights by signing it.

Client Signature: _____ Date: _____

Trainer/Company Name: Hot Flash Huddle: _____

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