

Elevated Endurance Athletes – Training Camp Waiver & Liability Release

Camp Dates: October 1st-4th

Location: Newark, DE

1. Acknowledgment of Risk

I, the undersigned participant, acknowledge that participation in the **Elevated Endurance Athletes Training Camp** ("Camp") involves strenuous physical activity, including but not limited to swimming, cycling, running, strength training, and mobility/recovery exercises. I understand that participation carries inherent risks of injury, illness, or other physical harm, and I voluntarily assume all such risks.

2. Medical Clearance

I affirm that I am physically able to participate in this Camp. I have consulted, or will consult, with a licensed physician if I have any health concerns. I understand that the Camp is for **training and educational purposes** only and does not substitute for medical care.

3. Release of Liability

In consideration for being allowed to participate in the Camp, I hereby **release, waive, and discharge** Elevated Endurance Athletes, its coaches, staff, contractors, and volunteers (collectively, "Releases") from any and all liability, claims, demands, actions, or causes of action arising out of or related to any loss, damage, or injury, including death, that may be sustained while participating in the Camp, whether caused by negligence of the Releases or otherwise.

4. Optional Recovery Services

I understand that optional recovery services, including but not limited to **massage therapy**, are provided by **licensed professionals**. I acknowledge that participation in these services is voluntary and that I assume all risks associated with them. I understand that **Elevated Endurance Athletes is not responsible** for any injuries resulting from these services.

5. Photography and Media Release (Optional)

I consent to the use of photographs, video, and other media taken during the Camp for **promotional or educational purposes** by Elevated Endurance Athletes.

6. Acknowledgment and Agreement

By signing below, I affirm that:

1. I have read and fully understand this Waiver & Liability Release.
 2. I voluntarily agree to the terms and conditions outlined herein.
 3. I agree to follow all safety instructions and guidelines provided by coaches and staff during the Camp.
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Participant Name: _____

Signature: _____

Date: _____