

# WELCOME to the LRAC!

Before you start hanging out with us, we've got to take care of some business

## Complete (otherwise, we won't let you in)

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Home Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_  
Emergency Contact \_\_\_\_\_ Contact's Phone \_\_\_\_\_  
Guest of \_\_\_\_\_ Charge Guest Fee to \_\_\_\_\_

What do you plan on doing/using while you are here? (check all that apply)

Basketball     Cardio/Weights     CrossFit     Day Care     Down Under Center  
 Group Exercise     Massage     Personal Training     Pools     Pro Shop  
 Racquetball     Restaurant     Tennis

## Sign (or the lawyers will yell)

*Release of Liability and Assumption of Risk Agreement* - The facilities and activity programs offered under the auspices of the Little Rock Athletic Centers, LLC (LRAC), dba Little Rock Athletic Club, Little Rock Racquet Club, North Little Rock Athletic Club and Downtown Athletic Club, have been designed and established to provide the optimum level of beneficial exercise and enjoyment without compromising the health or safety of the Members or guests who utilize the facilities or participate in its on or off-site activities. Because of the nature of these programs and of the equipment utilized, there is an inherent risk of injury. Therefore, any exercise activity places a practical limitation on the ability of LRAC to prevent injuries to participants regardless of the activities of the participant while taking advantage of the opportunities at LRAC. The undersigned acknowledges the individual responsibility to minimize risk by thoughtful and cautious use of the programs, equipment and the facilities of LRAC.

Therefore, in consideration of being allowed to participate in LRAC programs and to utilize equipment and facilities at LRAC, I the undersigned, acknowledge and agree that:

- The risk of injury from the activities involved in LRAC programs, equipment and facilities is significant, including the potential for permanent paralysis and death.
- I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown and assume full responsibility for my participation.
- I willingly agree to comply with terms and conditions for participation. If I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest LRAC representative immediately.
- I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS LRAC, its members, managers, officers, officials, agents and/or employees, other participants, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event (RELEASEES), from any and all claims, demands, losses, and liability arising out of or related to any INJURY, DISABILITY OR DEATH I may suffer, or loss or damage to person or property, to the fullest extent permitted by law.

I have read this *Release of Liability and Assumption of Risk Agreement*; fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

*Photography and/or Video Responsibility* - I understand that the LRAC periodically takes facility and group photography and video and uses the resulting content for lawful purposes including, publicity, illustration, advertising and web content. I recognize that when taking pictures or video of a large group or capturing a spontaneous event, it is not always feasible for the LRAC to obtain individual consent. As a result, if I do not want to be in pictures or video, it is my responsibility to remove myself from the area or group being photographed.

I grant to LRAC and all its subsidiaries the right to take photographs and/or videos of me. I authorize LRAC, its assigns and transferees to copyright, use and publish the same in print and/or electronically. I agree that LRAC may edit and use such photographs and/or videos for any lawful purpose including, for example, such purposes as publicity, illustration, advertising and web content.

I have read this *Permission to Use Photography and/or Video Agreement*; fully understand its terms, understand that I have given up rights to the content by entering into it which I do freely and voluntarily without any inducement.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Complete (if you have kids in tow)

Child's First Name	Child's Last Name	Date of Birth	Gender
_____	_____	_____	Male    Female
_____	_____	_____	Male    Female
_____	_____	_____	Male    Female

## Sign (because they're your responsibility)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liability incidents to my minor child's involvement or participation in these programs as provided above, to the fullest extent permitted by law.

*Permission to Use Photography and/or Video* - I grant to LRAC and all its subsidiaries the right to take photographs and/or videos of my children. I authorize LRAC, its assigns and transferees to copyright, use and publish the same in print and/or electronically. I agree that LRAC may edit and use such photographs and/or videos for any lawful purpose including, for example, such purposes as publicity, illustration, advertising and web content.

Parent's/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_