

SINGAPORE FITNESS BOOT CAMP

Waiver & Disclaimer Form

I hereby confirm my participation in the Fitness Boot Camp Training Programme.

I hereby acknowledge that my participation in the programme is entirely at my own risk.

I hereby also acknowledge that I have been suitably informed to consult my doctor for a medical screening and to obtain a medical clearance before I engage in the programme.

(For males > 40 years , females > 50 years and those with past or current medical conditions)

I hereby indemnify RickFit Fitness Enterprise, Body-By-Rick.com and their instructors, officers and affiliates from and against liability for all actions, suits, demands, damages, and expenses (hereinafter called 'claims') arising out of any death or injury, damage or loss, suffered or caused while participating in this programme and its related activities.

Full Name: _____

Identification No. _____

Signature : _____

Date : _____