



CrossFit Unit Singapore

Excel As Individuals, Grow In Unity

Membership Form

Intro Class Start Date: ___/___/___ Fundamental Classes: : ___/___/___

Start Date Membership Start Date: ___/___/___

Name: _____

Address: _____ Postal Code: _____

Telephone: _____ E-mail: _____

Date Of Birth: _____

Emergency Contact Name: _____ Telephone: _____

Previous/Existing Medical Conditions: _____

Blood Type: _____

Please Fill Up All Information Before Commencement Of Any Classes.

Members Progression: Intro Class 1 2 3 Fundamental Classes Regular Membership

CrossFit Unit Singapore

AGREEMENT OF RELEASE AND WAIVER OF LIABILITY

I, _____, hereby agree to the following:

_____(initial) 1. That I am participating in the Health & Fitness Classes, Programs or Workshops offered by CrossFit Unit of Singapore; during which I will receive information and instruction about health and fitness; as well as taking part in workouts. I recognize that fitness programs require physical exertion that may be strenuous and may cause physical injury, and I am fully aware of all the risks and hazards involved.

_____(initial) 2. I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the Health & Fitness Classes, Programs or Workshops. I represent and warrant that I am physically fit and I have no medical condition that would prevent my full participation in the Exercise Classes, Health Programs or Workshops.

_____(initial) 3. In consideration of being permitted to participate in Health & Fitness Classes, Programs or Workshops, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the program.

_____(initial) 4. In consideration of being permitted to participate in Health & Fitness Classes, Programs or Workshops, I knowingly, voluntarily and expressly waive any claim I may have against CrossFit Unit SG for injury or damages that I may sustain as a result of participating in the program.

_____(initial) 5. I understand that if I bring my children or other children with me to CrossFit Unit SG , I am responsible for their safety and wellbeing. I will not hold CrossFit Unit or any of their representatives responsible if any child or children that are under my care and/or supervision in the gym or on the property, become injured at anytime.

_____(initial) 6. I, my heirs or legal representatives' forever release waive, discharge and covenant not to sue CrossFit Unit SG for any injury or death caused by their negligence or other acts.

I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Name: _____ Date: _____

Signature of Participant: _____

If participant is under 18:
AS LEGAL GUARDIAN OF _____, I CONSENT TO THE ABOVE TERMS AND
CONDITIONS OF CrossFit Unit SG

Name of parent or legal guardian: _____ Date: _____

Signature of parent or legal guardian: _____