

COACH AL FRANCO BOXING

ASSUMPTION OF RISK, WAIVER, RELEASE OF LIABILITY & HOLD HARMLESS AGREEMENT

PLEASE READ CAREFULLY. THIS IS A LEGAL DOCUMENT THAT AFFECTS YOUR RIGHTS.

Participant Name: _____ Date of Birth: _____

Phone: _____ Age: _____

Emergency Contact: _____ Phone: _____

1. BOXING AND TRAINING ACTIVITIES

I voluntarily participate in boxing instruction, skills training, conditioning, strength training, partner drills, pad and bag work, defensive drills, footwork, controlled sparring, contact sparring, competition preparation and related physical activities conducted by **Coach Al Franco Boxing and/or Albert "Coach Al" Franco**, including activities conducted at **Warzone Boxing Club in Upland, California**. I understand boxing is a physically demanding contact sport with risks that cannot be completely eliminated.

2. ACKNOWLEDGMENT AND ASSUMPTION OF RISK

I understand the risks include punches or other contact to the head, face and body; concussion or traumatic brain injury; cuts, bruises, swelling, dental or eye injury; sprains, strains, fractures, dislocations and other orthopedic injuries; internal injury; loss of consciousness; cardiovascular events, dehydration, heat illness or exhaustion; falls, collisions; equipment failure; serious or permanent disability; paralysis; death; and other known or unknown injuries.

I specifically understand that **sparring involves intentional physical contact and punches may be delivered to the head and body**. Protective equipment, supervision and controlled training methods may reduce risk but cannot eliminate it. With full knowledge of these risks, I voluntarily choose to participate and knowingly assume the inherent risks of boxing and related training.

Participant Initials: _____

3. RELEASE AND WAIVER OF LIABILITY

TO THE FULLEST EXTENT PERMITTED BY CALIFORNIA LAW, I release, waive and discharge from liability: **Albert "Coach Al" Franco; Coach Al Franco Boxing; Warzone Boxing Club; the owners and operators of Warzone Boxing Club; all current and former owners, members, managers, officers, directors, employees, coaches, trainers, independent contractors, volunteers, agents and representatives; the owner(s) of the real property and building where training occurs; landlords; property managers and management companies; equipment owners and manufacturers to the extent permitted by law; affiliated businesses and organizations; and each of their respective successors and assigns** (collectively, the "Released Parties").

I release the Released Parties from claims for personal injury, bodily injury, property damage, economic loss or death arising out of or related to my participation in boxing, sparring, training, conditioning or related activities, **including claims arising from the ordinary negligence of a Released Party**, to the extent such claims may legally be released. This release does not apply to liability that cannot legally be waived or released under California law.

Participant Initials: _____

4. WARZONE / FACILITY / PROPERTY OWNER RELEASE

I understand Coach Al Franco Boxing may conduct training at facilities owned, leased, operated or managed by others, including Warzone Boxing Club. My participation in Coach Al Franco Boxing does not make Warzone Boxing Club, its owners, managers, employees, coaches, landlord, property manager or property owner responsible for injuries or damages merely because training occurs there. To the fullest extent permitted by law, I release and hold harmless those persons and entities from claims arising from my participation in Coach Al Franco Boxing activities.

Participant Initials: _____

5. HOLD HARMLESS / RESPONSIBILITY FOR MY CONDUCT

I am responsible for my own actions. To the fullest extent permitted by law, I agree to defend, indemnify and hold harmless the Released Parties from third-party claims, damages, costs or expenses resulting from my own negligent, reckless or intentional conduct, including injury or property damage I cause to another person. Nothing in this section requires indemnification for conduct that cannot legally be indemnified under California law.

Participant Initials: _____

6. MEDICAL CONDITION AND FITNESS TO PARTICIPATE

I represent that I am physically capable of participating in boxing and strenuous training. I am responsible for disclosing any medical condition, injury, medication or limitation that may affect safe participation and for obtaining medical clearance when appropriate. Coach Al Franco Boxing and Warzone Boxing Club do not provide medical advice or medical clearance. I will immediately stop training and notify a coach if I experience unusual pain, dizziness, difficulty breathing, confusion, loss of balance or other concerning symptoms.

7. EMERGENCY MEDICAL CARE

If I become injured or ill and cannot make medical decisions, I authorize Coach Al Franco Boxing, Warzone Boxing Club personnel or their representatives to contact emergency medical services. I understand no person or entity guarantees the availability or outcome of medical care, and I accept financial responsibility for ambulance, emergency treatment, hospitalization or other medical expenses incurred on my behalf.

8. SPARRING ACKNOWLEDGMENT

Participants may progress into controlled and/or contact sparring when Coach Al determines they are sufficiently prepared. I understand sparring carries greater risk than non-contact training and that being allowed to spar does not guarantee I will avoid injury. I agree to follow all instructions regarding protective equipment, intensity, conduct and stopping a round. Coach Al may stop me from sparring or training at any time for safety, disciplinary or program reasons.

Participant Initials: _____

9. RULES AND PERSONAL PROPERTY

I agree to follow all coaching instructions and facility safety rules. Failure to do so may result in suspension or removal. I will not intentionally injure another participant, ignore an instruction to stop or engage in conduct outside permitted training. Coach Al Franco Boxing and the Released Parties are not responsible for lost, stolen or damaged personal property except to the extent liability cannot legally be excluded.

10. CALIFORNIA LAW / SEVERABILITY

This Agreement is governed by California law. To the extent legally permitted, any legal proceeding involving this Agreement or participation in the program shall be brought in the appropriate court located in **San Bernardino County, California**. If any provision is held invalid or unenforceable, the remaining provisions remain effective to the maximum extent permitted by law.

11. COMPLETE AGREEMENT AND ACKNOWLEDGMENT

I acknowledge that I have carefully read this entire Agreement, understand its contents, understand that boxing and sparring can cause serious injury, permanent disability or death, understand that I am giving up certain legal rights, am signing voluntarily and without coercion, have had the opportunity to ask questions, and am at least 18 years old and legally capable of signing this Agreement.

I VOLUNTARILY ACCEPT THE RISKS OF PARTICIPATION AND AGREE TO THIS RELEASE OF LIABILITY.

Participant Printed Name:

Participant Signature:

Date:

Coach/Representative:

Signature:

Date:

Program/Location: Coach Al Franco Boxing - Training conducted at Warzone Boxing Club, Upland, California