Studio name _____

Lesson waiver

Every student signs before their first lesson. It covers every lesson for a year.

About you

Your name
First name

Last name

Date of birth (MM/DD/YYYY)

Mobile phone

Email

Emergency contact

Your visit

Which lesson?

☐ Surf ☐ Ski ☐ Snowboard ☐ Climbing ☐ Something else

Your level

☐ Never tried it ☐ Beginner ☐ Intermediate ☐ Advanced

Before you take part

These questions help the staff keep you safe. They aren't medical advice, so check with your doctor about anything you're unsure of. The staff may ask you to sit out if an answer means the activity isn't safe for you today.

Can you swim?

☐ Yes ☐ No

Do you have a heart condition or high blood pressure?

☐ Yes ☐ No

Tell us more.

Have you had a back, neck or joint injury or surgery in the last year?

☐ Yes ☐ No

What was it, and when?

Are you pregnant?

☐ Yes ☐ No

Do you have seizures, or do you faint or get dizzy easily?

☐ Yes ☐ No

Do you have asthma or another condition that makes hard exercise risky for you?

☐ Yes ☐ No

Do you carry an inhaler or other medicine? Tell us more.

Is there anything else about your health the staff should know before you take part?

☐ Yes ☐ No

Tell us more.

Risks and rules

The risks

Outdoor lessons have risks, including:

- Falls, which can cause sprains, broken bones and head injuries
- Collisions with other people, boards, skis, rocks, trees and lift towers
- Waves, currents and drowning in surf lessons
- Changing snow, ice, terrain and weather on the mountain
- Cold, altitude, sun and dehydration
- Equipment coming loose or breaking

I understand these risks, and others no one can foresee, and that some remain even when the staff and other guests take care. I choose to take part.

Initials _____

Lesson rules

- Stay with your instructor and your group, inside the area they choose.
- Wear the gear the instructor asks for: helmet, leash, wetsuit or harness.
- Tell your instructor right away if you're hurt, cold or too tired to go on.
- Go at your level. The instructor decides when conditions are too rough.
- On the mountain, follow the posted trail signs and closures.

I'll follow these rules and every instruction from the staff. The staff may stop me or ask me to leave if I don't.

Initials _____

What you agree to

My answers

My answers are true. I'm not impaired by alcohol or drugs, and I'll tell the staff if anything about my health changes before or during my visit.

Initials ☐

Release

To the extent the law allows, I release the business, its owners and its staff from claims for injury, illness or damage that come from the inherent risks of this activity. This release doesn't cover anything the law doesn't let me give up.

Initials ☐

Emergency care

If I'm hurt or become ill, the staff may give first aid and call emergency services. I'm responsible for the cost of any care I receive.

Initials ☐

Photos and video

This waiver covers your visits for one year from the day you sign. The business may ask you to sign again sooner if its rules or this form change.

the studio uses your health answers only to do your appointment safely and to keep the records the law requires. They are never used for marketing or sold. They are stored encrypted, and every time someone at the studio opens them it is logged.

Your signature _____ **Date** _____

Printed name _____

For the staff (For the studio)

Visit details

Booking or group name

Instructor

Anything that came up during the visit

Template from Digital Waiver Software https://waivers.greatwork.company/waivers/lessons
This is a template and general information, not legal advice. Rules differ by state and sometimes by county, so check yours with a lawyer in your state before you use it.