

Third Space Wellness, LLC

CONSENT & WAIVER – TSW RUN/WALK CLUB

I understand that TSW Run/Walk Club (as defined below) is provided by Third Space Wellness, LLC (“TSW”) staff and/or affiliated practitioners (“Run Club Leaders”). I understand that this agreement covers the current and any future Run Club Leader associated with TSW who may provide my classes and instruction in the future.

TSW Run/Walk Club: A free, informal gathering of people who meet to run or walk approximately 3-5 miles at their own pace in or near Silver Spring, MD.

Potential Risks: I understand that, while not common, injuries or damages to my property may occur from running/walking.

Medical Treatment: TSW Run Club Leaders are not a substitute for a medical doctor. It is my responsibility to consult with my physician before altering any prescribed medications or treatments. I understand also that if there is an emergency, or a worsening of my health condition, or if a new condition arises, that I should consult a licensed physician.

Voluntary: I hereby request and consent to participate in TSW Run/Walk Club. I have not been guaranteed any specific outcomes. I understand that I am free to discontinue at any time. I voluntarily assume all risks inherent in the nature of TSW Run/Walk Club. I waive all claims, costs, liabilities, expenses and judgments against TSW and release TSW and its members, officers, agents, representatives, and employees from all claims, costs, liabilities, expenses, and judgments arising out of TSW Run/Walk Club.

PLEASE PRINT:

Print Name Birth Date

Street Address City, State and Zip Code

Email Address Preferred Phone Number

Emergency Contact Name Emergency Contact Phone Number

Signature (or parent or guardian signature if client is a minor) Today’s Date

Please exclude me from your e-mail newsletter list.