VOLUNTEER WAIVER OF LIABILITY AND PHOTOGRAPHY RELEASE

AS CONSIDERATION FOR PARTICIPATION IN ACTIVITIES CONDUCTED BY WORK OUT HELP OUT ("WOHO") ON THIS DATE (THE "ACTIVITIES"), BY SIGNING BELOW, I HEREBY ACKNOWLEDGE THAT THE ACTIVITIES ARE INHERENTLY HAZARDOUS, I ASSUME ALL RISK ASSOCIATED WITH THE ACTIVITIES, AND I AGREE THAT WOHO AND ITS EMPLOYEES, VOLUNTEERS, AGENTS, AND CONTRACTORS ("PROTECTED PARTIES") SHALL HAVE NO LIABILITY FOR ANY CLAIMS, LOSSES, COSTS, INJURIES OR ILLNESS OF ANY KIND ARISING OUT OF OR RELATED TO THE ACTIVITIES (THE "CLAIMS"), EVEN IF THE CLAIMS ARISE OUT OF THE NEGLIGENCE OF THE PROTECTED PARTIES, AND I WAIVE AND RELEASE ANY AND ALL CLAIMS THAT I AND/OR MY DEPENDENT(S) MAY HAVE AGAINST THE PROTECTED PARTIES.

AS FURTHER CONSIDERATION FOR PARTICIPATION IN THE ACTIVITIES, BY SIGNING BELOW, I AUTHORIZE THE PROTECTED PARTIES TO MAKE PHOTOGRAPHS OR VIDEOS OF MY PARTICIPATION IN THE ACTIVITIES (THE "IMAGES") AND TO UTILIZE THE IMAGES FOR ALL LAWFUL PURPOSES. I ACKNOWLEDGE THAT THE IMAGES ARE THE PROPERTY OF WOHO, I RELINQUISH ANY RIGHTS THAT I MAY HAVE TO THE IMAGES, AND I RELEASE THE PROTECTED PARTIES FROM ANY LIABILITY FOR ANY ACT, OMISSION OR NEGLIGENCE OF THE PROTECTED PARTIES IN CONNECTION WITH THE USE OR RELEASE OF THE IMAGES.

PARENTS OF MINOR PARTICIPANTS: I hereby grant my permission for my dependent(s), _________, to participate in the Activities, and I release any and all claims against WOHO and the Protected Parties relating to such dependent's participation in the Activities to the same extent stated above, to the full extent allowed by law. SIGNED: NAME: DATE: