



FAITH BASED

BOXING

LIGHTHOUSE NIAGARA

8652 SODOM ROAD . NIAGARA FALLS

905 . 295 . 6959



Lighthouse Church of God - Faith Based Boxing REGISTRATION FORM

ADULTS ONLY (Must be 18 and over to register)

PRINTED Full Name _____

Contact Number _____ Contact Email _____

Emergency Contact Name _____ Contact Number _____

Date _____ Signature _____

Boxing Conditioning Class

Monday 7:30 pm - 8:15 pm

Boxing Ontario Annual Membership \$55

Mandatory Fee Issued By Boxing Ontario

Faith-based fitness boxing classes that promote physical health, discipline, and spiritual growth via anaerobic, calisthenics, and plyometric exercise.

- Circuit Training: small group training stations tailored to group fitness levels and goals. Each station will have heavy bags, medicine balls, battle ropes, TRX etc. Each station within the circuit is guided by a certified coach providing various workouts to be completed within 3 minute intervals. Upon completion of workout, participants progress to the next station in rotation.

Boxing Skills & Techniques Class

Monday 8:15 pm - 9:00 pm

Annual Membership \$90 - Includes Boxing Conditioning

Mandatory Fee Issued By Boxing Ontario

Comprehensive fitness program that includes focus workouts targeting strength and cardio while using proficient boxing techniques.

- Pad & Mitt Training: Dedicated one-on-one training with the use of focus pads and mitts, developing boxing fundamentals and techniques ie, jab, cross, hook, uppercut, shadow boxing etc. Our certified trainers through Boxing Ontario will cater a non-combat, non-sparring partner program, all the while building a sense of camaraderie and community with each other.

CONSENT FOR USE OF PERSONAL INFORMATION, COMMERCIAL MESSAGES AND PHOTO RELEASE

I, the participant, authorize ***Lighthouse Church of God*** to collect and use personal information about me for the purpose of receiving communications (newsletters, publications, announcements, invitations and other news or information) from ***Lighthouse Church of God*** and posting articles of interest, newsletters, promotions, statistics, images and results on ***Lighthouse Church of God*** website. This consent is in compliance with the Personal Information Protection and Electronic Documents Act and the Canadian Anti-Spam Legislation.

Furthermore, I, the participant, grant permission to ***Lighthouse Church of God*** to photograph and/or record myself or image and/or voice on still or motion picture film and/or audio tape, and to use this material to promote ***Lighthouse Church of God*** through the media of newsletters, websites, social media, television, film, radio, print and/or display form. I understand that the audio/visual material and copyright will remain the sole property of ***Lighthouse Church of God*** and I waive any claim to remuneration for use of audio/visual materials used for these purposes. We do not sell or distribute your personal information to any other third party not listed herein.

Date

_____Signature_____

You must be 18 years of age or older to sign

ASSUMPTION OF RISKS AND INDEMNIFICATION AGREEMENT

Lighthouse Church of God 8652 Sodom Road, Niagara Falls, Ontario

HEREINAFTER REFERRED TO AS THE RELEASE AGREEMENT, BY SIGNING THIS DOCUMENT YOU WILL WAIVE OR GIVE UP CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE OR CLAIM COMPENSATION FOLLOWING PERSONAL INJURY, DEATH, PROPERTY DAMAGE OR LOSS.

TO: LIGHTHOUSE CHURCH OF GOD, and its directors, officers, employees, volunteers, representatives, successors and assigns (all of whom are hereinafter referred as "Releases").

DEFINITION

In this Release Agreement: the term "BOXING" shall include all activities, services and use of facilities either provided by or arranged by the Releasees, including, but not limited to: orientation and instruction sessions; warm ups, and any recreational activities ancillary thereto, undertaken during boxing at the Lighthouse Church of God.

ASSUMPTION OF RISK AGREEMENT

By signing this document, you will waive certain legal rights, PLEASE READ CAREFULLY.

IN CONSIDERATION of allowing myself to participate in the programs and activities of the Lighthouse Church of God, I ASSURE TO YOU THAT:

1. I am the participant having full legal responsibility for decisions regarding the participant.
2. I believe that I am physically, emotionally and mentally able to participate in the programs, activities and events of the Lighthouse Church of God.
3. I hereby acknowledge that I am aware of the risks and hazards associated with or related to the programs, activities and events of the Lighthouse Church of God.

The risks and hazards include, but are not limited to injuries from:

- a. Physical contact with the instructor, or other participants;
- b. Striking participants, objects or equipment;
- c. Being struck by the instructor, participants, objects or equipment;
- d. Contact, colliding, falling or being struck by other participants, spectators or equipment;
- e. Executing strenuous and demanding physical techniques;

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You must be 18 +

f. Vigorous physical exertion, strenuous cardiovascular workouts, rapid movements and quick turns & stops;

g. Exerting and stretching various muscle groups;

h. Circuit training including calisthenics, running, skipping;

i. Extreme weather and temperature conditions which may result in heatstroke, sunstroke or hypothermia;

j. Falling or colliding with the ring, walls, stands, equipment or with other participants;

k. Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;

l. Spinal cord injuries which may render me permanently paralyzed;

4. Furthermore, I am aware that:

a. Injuries sustained to me can be severe;

b. I may experience anxiety while challenging myself during the programs and activities;

c. I may may come into close contact with other participants;

d. I may risk of injury is reduced if I follow all rules established for participation; and

e. My risk of injury increases as I become fatigued.

I UNDERSTAND AND AGREE, on behalf of myself, my heirs, assigns, personal representatives and next of kin that my signing of this document constitutes that:

5. I am registering myself as participating voluntarily in these activities, events and programs.

6. My physical condition has been verified by a medical doctor within the past twelve months.

7. I agree that there are risks as described above and I will be exposed to these risks and hazards.

8. I agree to accept and assume all these risks and hazards and am responsible for any injury or other loss which I might receive while participating in these activities and programs.

9. If something happens to me, I RELEASE the Lighthouse Church of God of all responsibility and liability for any and all claims, demands, actions, judgements, executions and costs which might arise out of my participation.

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I understand Lighthouse Church of God to mean: Lighthouse Church of God and their respective directors, officers, committee members, members, clubs, employees, coaches, volunteers, officials, judges, participants, agents, and representatives.

I ACKNOWLEDGE MAKING THIS AGREEMENT

I have read and understood the terms and conditions of this agreement, and by signing it voluntarily, I am agreeing to abide by these terms.

WAIVER OF LIABILITY FOR ALL CLAIMS AND RELEASE OF LIABILITY

By signing below, the Participant (named below) understands and acknowledges, the risks, dangers, and hazards which are inherent on entering all lands, properties, facilities, structures, installations, vehicles or equipment owned, leased, operated or otherwise controlled by the Organization (the "Premises"), which risks include, but are not limited to: the potential for bodily injury or illness (including contraction of COVID-19); contact or interaction with others who may have been exposed to COVID-19; close proximity to or contact with surfaces, equipment, fixtures, or other objects that, despite the Organization's efforts, may be infected with COVID-19 or other communicable illnesses; permanent disability, paralysis, or loss of life; collision with natural or manmade objects; tripping hazards; imperfect venue or field of play conditions; equipment failure; participants of varying skill levels; the negligent use of the Premises by others; inadequate safety measures or unsafe Premises; other circumstances known, unknown or beyond the control of the Lighthouse Church of God and all of their partners, sponsors, agents, affiliates, directors, employees, officers, therapists, or volunteers (together, the "Releasees"); or negligence or omission of the Releasees (collectively, the "Risks").

In consideration for allowing the Participant to use the Premises, the Participant (a) release, discharge and forever hold harmless the Releasees from any and all liability for damages or loss arising as a result of the Risks arising from entry into or use of the Premises; (b) waive any right to sue the Releasees in respect of all causes of action (including for injuries or illness caused by their own negligence), claims, damages or losses of any kind that may arise as a result of the Risks or in connection with entry into or use of the Premises, including without limitation the right to make a third party claim or claim over against the Releasees arising from the same; and (c) freely assumes all risks associated with the Risks or anything incidental to the Risks, which may arise as a result of or in connection with use of the Premises. **YOU ARE GIVING UP LEGAL RIGHTS TO ANY AND ALL FUTURE CLAIMS AGAINST THE ORGANIZATION AND RELEASEES.** I confirm that I have read and fully understand this assumption of risk waiver. I sign this assumption of risk waiver, and release of liability, voluntarily without any inducement, assurance, or warranty being made to me.

In consideration of membership and permission to participate in recreational boxing granted me, I release Lighthouse Church of God, and its affiliated Provincial/ Territorial Governing bodies, clubs, coaches, officials, members, agents, officers and employees for all claims, actions, judgements, and executions which the undersigned's heirs, executors, administrators, or assigns may have, or claim to have, from all personal injuries, know or unknown, and injuries to property, real or personal, caused by, or arising out of, the participation in the sports activity of recreational boxing. I, the undersigned fully understand that this sport activity has inherent risks involved, and I am fully aware of the nature of these risks, but waive rights, claims, cause of action etc. as heretofore and do hereby assume the risk. I, the undersigned, have read this Assumption of Risk Release/Waiver and understand all its terms and conditions, I execute it voluntarily and with full knowledge of its significances.

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Participant Waiver/Acknowledgement & Release

In signing this document, you are waiving the right to bring a court action to recover compensation or obtain any other remedy for; personal injuries, damage to property, loss of property, accident of any kind, and/or death arising out of your use of ***Lighthouse Church of God*** here-after referred to as ***Lighthouse Church of God***. This includes ***Lighthouse Church of God*** facilities, equipment, your participation in classes, or activities sponsored by ***Lighthouse Church of God***, whether supervised or unsupervised. **You must be 18 years of age or older** to sign this Acknowledgement and Release.

Acknowledgement & Release

Lighthouse Church of God operates facilities (“Church Gymnasium”) and equipment located at 8652 Sodom Rd, Niagara Falls Ontario and may provide classes or activities whether supervised or unsupervised by ***Lighthouse Church of God*** employee’s or agents (collectively the “Gym Activities”). AND WHEREAS an essential condition for ***Lighthouse Church of God*** permitting me to use its facilities and/or participate in Gym Activities, I have agreed to give this Acknowledgement and Release:

NOW THEREFORE, IN CONSIDERATION of ***Lighthouse Church of God*** permitting me to use the Gym and participate in Gym Activities, I, for myself, my personal representatives, assigns and heirs:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of the Gym and Gym Activities that I am in good health and in proper physical condition to use the Gym and participate in the Gym Activities.
2. FULLY UNDERSTAND that:
 - a) The Gym and Gym Activities may involve serious risks and dangers of serious bodily injury, including permanent disability, paralysis, and death (the “Risks”).
 - b) These Risks may be caused by my own action, the actions or inactions of others using the Gym or participating in the Gym Activities, the condition of the Gym or the condition in which the Gym Activities take place, or the negligence of the Releases listed below and the following page;
 - c) There may be other special or unusual risks associated with the Gym or the Gym Activities including social and economic losses, either known to me or not readily foreseeable at this time; AND I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR ALL LOSSES, COSTS, AND DAMAGE I may incur as a result of my use of the Gym or my participation in the Gym Activities both now and in the future.

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3. AGREE AND WARRANT that I will examine and inspect all Gym equipment and each Gym Activity in which I take part, and that if I observe any condition which I consider to be hazardous or dangerous, I will notify the proper authority in charge of the Gym or Gym Activities, as the context requires, and will refuse to use such Gym equipment or take part in such Gym Activities until the condition has been corrected to my satisfaction.
4. HEREBY RELEASE, discharge and covenant not to sue ***Lighthouse Church of God***, it's officers, directors, shareholders, employees, volunteers, instructors, participants in the Gym Activities, users of the Gym, assigns, owners and lessors of the facility and other fixtures located on the Gym's facilities (collectively referred to as the "Releases") from all liability, claims, causes of action, demands, losses or damages on my account caused, or alleged to have been caused by in whole or in part by my use of the Gym, my participation in Gym Activities or the negligence of the Releasees or otherwise. I further agree that if despite executing this Acknowledgement and Release, I, or anyone on my behalf, makes a claim against any of the Releases, whether directly or indirectly, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releases from any litigation expense, solicitor fee, loss, liability, damage, or cost which may be incurred as a result of such claim.
5. CHOICE OF LAW AND ATTORNMENT – This Acknowledgement and Release shall be governed by and construed in accordance with the laws of the Province of Ontario and the Laws of Canada applicable therein. I agree that the courts of the Province of Ontario will have exclusive jurisdiction to determine all disputes and claims arising between the parties.
6. SUCCESSORS AND ASSIGNS – This Acknowledgement and Release shall be binding upon myself, my personal representatives, assigns, heirs and shall endure to the benefit of ***Lighthouse Church of God*** and its respective heirs, executors, administrators, directors, successors, assigns and legal representatives.
7. I understand and agree that as a club member or visitor I may be photographed, videotaped, or have my likeness recorded by other means and used for commercial purposes including by not limited to marketing, instruction products, and internet applications.

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I have read this Acknowledgement and Release fully, and understand its terms, and understand that I have given up substantial rights by signing it, and have signed it freely and without any inducement or assistance of any nature and intend it to be irrevocable and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this Acknowledgement and Release is held to be invalid, the balance of the Acknowledgement and Release shall continue in full force and effect.

PRINTED Full Name _____

Contact Number _____ Contact Email _____

Emergency Contact Name _____ Contact Number _____

Date _____ Signature _____

You must be 18 years of age or older to sign