

Build Your Dreams CrossFit

3530 Pinemont Drive #Unit A, Houston, TX77018-1322,

bydhtx.com

Minor Participant Waiver

Full Name

Email Address

Gender

Street Address

City

State

Zipcode

Country

Date of Birth

Phone

Emergency Contact Name

Emergency Contact Phone

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BUILD YOUR DREAMS CROSSFIT MINOR PARTICIPANT WAIVER, RELEASE & PARENTAL CONSENT

READ CAREFULLY. THIS DOCUMENT AFFECTS YOUR LEGAL RIGHTS AND THOSE OF YOUR CHILD.

This Minor Waiver and Release of Liability ("Agreement") must be signed by a parent or legal guardian for any participant under the age of 18 ("Minor") in order to participate in any activities at Build Your Dreams CrossFit.

1. Parent/Guardian Consent

I am the parent or legal guardian of the minor listed below ("Minor"). I give permission for my child to participate in fitness training, CrossFit classes, open gym, events, and related activities at Build Your Dreams CrossFit (the "Gym"). I understand that participation is voluntary and that my child may stop participation at any time.

2. Assumption of Risk

I understand that CrossFit and fitness training are physically demanding activities that involve inherent risks, including but not limited to:

- Muscle strains, sprains, and tears
- Falls, collisions, or dropped equipment
- Joint, back, or spinal injuries
- Heat exhaustion or dehydration
- Serious injury, permanent disability, or death (rare but possible)

I understand that these risks may arise from my child's actions, the actions of others, equipment use, or the condition of the facility. I knowingly and voluntarily assume all risks associated with my child's participation in any activities at Build Your Dreams CrossFit. I understand that the gym environment includes heavy equipment, moving barbells, and inherent hazards. I acknowledge that even when not actively participating in class, my child may be exposed to these risks while present in the facility. I accept full responsibility for my child's safety and supervision at all times while on the premises.

Minors may not use gym equipment or participate in workouts unless enrolled in a coached class or given explicit permission and supervision by a Build Your Dreams CrossFit coach.

Build Your Dreams CrossFit reserves the right to pause or revoke a minor's participation or presence in the facility if behavior is unsafe, disruptive, or interferes with classes or operations.

I understand that fitness facilities are active environments and acknowledge that my child's presence in the facility carries inherent risk even when not participating in class.

3. Release of Liability

On behalf of myself and my child, I hereby release and hold harmless: Build Your Dreams CrossFit, its owners, coaches, staff, contractors, volunteers, and affiliates from any and all liability, claims, demands, damages, or causes of action arising out of or related to:

- Injury or illness sustained by my child
- Property damage or loss
- Participation in classes, training, events, or use of equipment
- Presence at the gym or surrounding premises, including while waiting for, observing, or not actively participating in activities

- Presence at the gym or surrounding premises, including while waiting for, observing, or not actively participating in activities

This release applies even if the injury or damage is caused in whole or in part by the negligence of Build Your Dreams CrossFit (to the fullest extent permitted by Texas law).

4. Medical Authorization

I certify that my child is physically able to participate in fitness activities. I authorize Build Your Dreams CrossFit staff to administer basic first aid and to obtain emergency medical treatment if necessary. I understand:

- I am responsible for any medical costs incurred
- The gym is not responsible for medical expenses
- Emergency contacts must be kept current

I authorize Build Your Dreams CrossFit staff to contact emergency services and the listed emergency contact if I cannot be reached.

5. Minor Conduct & Supervision

I understand and agree:

- My child must follow all gym rules and coach instructions
- Disruptive or unsafe behavior may result in removal from class
- Children not actively participating must remain in designated areas
- Parents/guardians are responsible for supervision before and after class

Build Your Dreams CrossFit reserves the right to suspend or revoke participation if safety policies are not followed.

I understand that Build Your Dreams CrossFit coaches and staff are not responsible for supervising minors outside of designated youth programs or classes. Supervision remains the sole responsibility of the parent or legal guardian.

I understand that minors who are present but not actively participating in a coached class remain under the direct supervision and responsibility of the parent or legal guardian at all times while in the facility.

6. Photography & Media Release

Photos or videos may occasionally be taken during classes or events for:

Social media

Website

Promotional materials

By signing this agreement, you grant permission for your child to appear in these materials.

If you prefer that your child not be photographed or featured, please notify us in writing at any time and we will gladly honor your request.

Written requests may be submitted via email to: bydhtx@gmail.com

7. Indemnification

I agree to indemnify and hold harmless Build Your Dreams CrossFit from any claims brought by or on behalf of my child related to participation in gym activities.

8. Acknowledgment

I certify that:

- I am at least 18 years old
- I am the parent or legal guardian of the minor
- I have authority to sign on their behalf
- I have read and fully understand this Agreement
- I voluntarily agree to all terms

I represent that I am the legal parent or guardian of the minor listed and have full authority to sign this agreement on their behalf. I understand that by signing this document, I am waiving certain legal rights on behalf of myself and my child. This agreement shall be governed by and interpreted in accordance with the laws of the State of Texas. I acknowledge that I have read and agree to abide by all Build Your Dreams CrossFit gym policies and understand that policies may be updated from time to time.

This agreement is intended to be as broad and inclusive as permitted by the laws of the State of Texas.

Policy Updates

Build Your Dreams CrossFit reserves the right to update or modify gym policies, procedures, and membership terms at any time. Updated policies will be communicated to members and posted as appropriate.

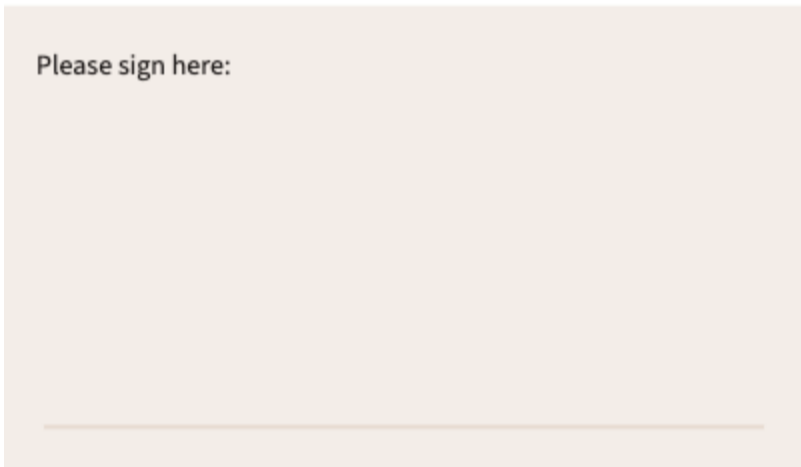
I agree to these terms and policies

Minor Full Name: *

Minor Date of Birth: *

Minor Gender:

Please sign here:



Please read the text [Electronic Records and Signature Disclosure](#)

I agree to use electronic records and signatures