



Barbados Defence Force
“Have a Heart” Charity Walk & Run
BOOT CAMP
REGISTRATION FORM
Monday 01 April - Friday 09 August 2019

Proceeds in aid of
The Precious Touch Foundation Inc.
Barbados Defence Force Morale, Welfare and Recreation Fund

Registration Fees

- \$15.00 per session \$25.00 per week (2 sessions)
 \$100.00 for 4 weeks \$475.00 (19 week series)
 \$490.00 (19 week series & Walk and Run)

Boot Camp Pre-registration takes place from Monday 04 - 23 March 2019
Boot Camp Assessment (includes Sit ups, Pushups, Beep Test - Running Test, BP Checks Weight) will take place Monday 25 March 2019 and Thursday 28 March 2019 5:30 - 7:00 p.m.
Boot Camp will be held Mondays and Thursdays from 5:30 - 7:00 p.m. at St Ann's Fort Garrison St Michael or other specified venues.
Spaces are limited - Space may be reserved by paying for 4 weeks (\$100.00) in advance.
Registration forms and payments can be made at St. Ann's Fort Garrison St Michael at the Finance Office from 9:00 - 3:00 p.m. Monday 04 - Friday 22 March 2019 or any Monday or Thursday when Boot Camp is in session.
Participants are reminded to walk with water, exercise mats, towels, exercise wear and shoes (changing facilities available).

Name _____

Address _____

Phone _____ (home) _____ (cell) Sex _____ Age _____

Email _____

Emergency Contact Name _____

Emergency Contact Phone Number/s _____



BDF
“Have a Heart” Charity Walk &Run
BOOT CAMP
MEDICAL & ACCIDENT WAIVER AND RELEASE OF LIABILITY

I, _____, certify that I am sufficiently fit to participate in the 2019 BDF Boot Camp Series, and have not been advised to not participate, by a qualified medical professional. I certify that there are no health-related reasons or problems that preclude my participation in the 2019 BDF Boot Camp Series.

In consideration of my application, payment and participation in the 2019 BDF Boot Camp Series, I assume and accept all the risk associated with participating in the 2019 BDF Boot Camp Series. I hereby take action for myself, as well as my personal representatives, agents, executors, administrators, heirs, next of kin, successors and assigns as follows:

A. I WAIVE, RELEASE, AND DISCHARGE THE BARBADOS DEFENCE FORCE from any and all liability, including, but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me while participating in the 2019 BDF Boot Camp Series;

B. INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO BRING ANY LEGAL CLAIMS AGAINST the Physical Training Instructors, Assistant Physical Training Instructors, any members of the Morale, Welfare and Recreation Committee and any members of the Barbados Defence Force from any and all liabilities or claims made as a result of participation in the 2019 BDF Boot Camp Series, whether caused by their negligence or otherwise.

I hereby consent to receive medical treatment from the Barbados Defence Force Medical Unit which may be deemed advisable in the event of injury, accident, and/or illness during the 2019 BDF Boot Camp Series. However, I understand that I may decline this medical treatment and seek my own at my own risk.

I understand that while participating in the 2019 BDF Boot Camp Series, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the Barbados Defence Force.

I understand that any payment for any session(s) missed are non-refundable.

This release shall be binding to the fullest extent of the law.

I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN VOLITION AND FREE WILL.

Participant's Signature _____ Date _____

Participant's Full Name (PRINT) _____

I _____ hereby give consent for my child/ward _____

to participate in the 2019 BDF Boot Camp Series. _____ (Sign)