



**Cup of Tea Fitness  
2023 Waiver Form**

I, for myself, my heirs, and anyone entitled to act on my behalf, waive and release Cup of Tea Fitness, Marybeth Chelanga, all paid and volunteer coaches and Administrators working with Cup of Tea Fitness, Marybeth Chelanga, her family, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this fitness program. Participation in the Cup of Tea Fitness program is optional and participants assume the risks that can include but not be limited to exposure and or testing positive to the Covid-19 virus. Cup of Tea Fitness, Marybeth Chelanga, coaches and administrators will adhere to local and state social distancing requirements. Cup of Tea Fitness, Marybeth Chelanga and all representatives will be held harmless even though that liability may arise out of unintentional negligence or carelessness on the part of one or more parties named in this waiver.

Each participant understands and is aware of the risks and hazards of Fitness Activities, Running, Jogging, Walking, Racing, training in general and this Program Cup of Tea Fitness. I represent that I am physically fit and capable of participating in this program and further represent that if I have any questions regarding my fitness for this program, I've consulted with a physician. I assume all risks associated with my participation in this program, even if those risks include being exposed and or contracting the Covid-19 virus and or the risks caused by the negligence of someone else. I discharge and release forever Cup of Tea Fitness, Marybeth Chelanga and any other coaches, sponsors or representatives of any liability whatsoever for any claim for damage, injury or death that may happen during my participation in this program. I understand that there is no obligation to provide me with medical care as a result of my participation in this program, but that if such emergency care is provided, all of the terms of this Agreement shall apply. The organizers of this program may use my likeness, or photograph with my consent for any purpose without compensation to me.

I understand and accept all of the above and am 18 years of age or older.

By participating in Cup of Tea Fitness, I am accepting and agreeing to all of the above stated in this Cup of Tea Fitness Waiver Form.

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Name

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Date

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Signature