

**Indemnity Form**

Thank you for choosing to use the activities, program and undergoing our training or services of High Level Sports Performance. We request your understanding and cooperation in maintaining your safety and health by reading and signing the following INFORMED CONSENT AGREEMENT.

Procedure: I \_\_\_\_\_, have voluntary applied to participate in the High Level Sports Performance sport science testing/or Training. I understand each person (myself included), has a different capacity for participating in such activities. I am aware that the physical fitness program includes training to build the cardiorespiratory system (heart and lungs), the musculoskeletal system (muscle endurance, strength and flexibility and to improve body composition (decrease of body fat in individuals needing to lose fat, with an increase in weight of muscle and bone).

I acknowledge the contagious nature of the COVID-19 and that the CDC South Africa and many other public health authorities still recommend practising social distancing.

I further acknowledge that High Level Sports Performance (HL-SP) has put in place preventative measures to reduce the spread of the Corona virus.

I further acknowledge that High Level Sports Performance (HL-SP) cannot guarantee that I will not become infected with the Covid-19. I understand that the risk of becoming exposed to and/or infected by the Coronavirus may result from the actions, omissions, or negligence of myself and others.

I voluntarily seek services provided by High Level Sports Performance (HL-SP) and acknowledge that I am increasing my risk to exposure to the Coronavirus. I acknowledge that I must comply with all set procedures to reduce the spread while attending my appointment.

I attest that:

- ✓ I am not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat or new loss of taste or smell.
- ✓ I have not travelled internationally within the last 14 days.
- ✓ I do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19.
- ✓ I have not been diagnosed with Coronavirus and not yet cleared as non-contagious by the local public authorities.
- ✓ I am following all CDC recommended guidelines as much as possible and limiting my exposure to the Coronavirus.

I hereby release and agree to hold members of High Level Sports Performance (HL-SP) from and waive on behalf of myself, my heirs and personal representatives any and all causes of action, claims, demands, damages, costs, expenses and compensation for damage or loss to myself and/or property that may be caused by any act, or failure to act of the Training, or that may otherwise arise in any way in connection with any services received from High Level Sports Performance (HL-SP).

I understand that this release discharges High Level Sports Performance (HL-SP) from any liability or claim that I, my heirs or any personal representatives may have against the facility or the Coach with respect to any bodily injury, illness, death or medical treatment that may arise from, or in connection to, any service received from High Level Sports Performance (HL-SP).

I have read the foregoing information and understand it. Any questions which may have occurred to me have been answered to my satisfaction.

Parents/Guardian's/Client **Signature &Date:**