

Event: Faith in Motion – A Fitness Worship Experience

Date: Wednesday, June 3, 2026

WAIVER AND RELEASE OF LIABILITY

I understand that I am voluntarily participating in Faith in Motion, a fitness worship experience hosted by Shepherd's Way Christian Church. I acknowledge that physical activity, exercise, and movement involve inherent risks, including not limited to muscle strains, sprains, falls, injuries, illness, or other physical conditions that may arise from participation.

I affirm that I am participating of my own free will and am physically able to engage in the activities offered. I understand that all participants are encouraged to consult with a physician and obtain a physical examination before participating in any exercise program or engaging in strenuous physical activity, especially if they have any existing medical conditions, injuries, or health concerns.

I agree to listen to my body, exercise within my personal limits, modify movements as needed, and stop participation if I experience pain, dizziness, shortness of breath, discomfort, or any other concerning symptoms.

In consideration of being permitted to participate in Faith in Motion, **I hereby release, waive, discharge, and hold harmless** Shepherd's Way Christian Church, Faith in Motion, Chrisie1 Fitness, Chrisie Tyson, and their respective pastors, officers, directors, employees, volunteers, agents, representatives, and affiliates from any and all claims, demands, causes of action, liabilities, damages, costs, or expenses arising out of or related to my participation in any Faith in Motion activity, including those resulting from ordinary negligence.

I understand and assume all risks associated with my participation and accept full responsibility for my health, safety, and well-being during the event.

I further agree that neither I nor my spouse, heirs, beneficiaries, assigns, guardians, personal representatives, or legal representatives will bring any claim, lawsuit, or legal action against Shepherd's Way Christian Church, Faith in Motion, Chrisie1 Fitness, Chrisie Tyson, or any of their officers, employees, volunteers, or agents for any injury, loss, damage, or expense arising from my participation in these activities.

By signing below, **I acknowledge** that I have carefully read and fully understand this Waiver and Release of Liability. I understand that by signing this document, I am giving up certain legal rights and voluntarily agree to its terms.

Participant Name [PRINT]: _____ Signature: _____

Date: _____

Parent/Guardian Signature (if participant is under 18): _____

Date: _____

Emergency Contact: _____ Emergency Phone: _____

I, HEREBY GIVE RELEASEES, OR ANY ONE OF THEM, PERMISSION TO USE MY NAME, PHOTOGRAPH, QUOTATIONS, AND LIKENESS IN ANY ADVERTISEMENT OR PROMOTION OF THE RELEASES, AND AGREE THAT I SHALL NOT BE ENTITLED TO ANY COMPENSATION TO ANY SUCH USES.