



## SAN DIEGO SURF LADIES

### WAIVER RELEASE FORM

I desire to participate in social surfing programs, take surfing lessons, and/or fitness programs ("Training") from San Diego Surf Ladies ("SDSL"). I have informed SDSL that I am at least eighteen years old and can swim. I have also informed SDSL that I am not subject to any limitations to vigorous exercise except:

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I have been informed that training may include swimming and surfing in the ocean, which has rip currents, rocks, sharks and other dangerous conditions and/or exercising at various target heart rates and increasing a workload of the cardio respiratory system. Surfing may result in injury or death for reasons including, but not limited to, the dangerous conditions of the ocean, the actions of other surfers, persons or creatures in the ocean, reefs, sandbars, shallow breaks, your or other surfboards, your physical condition and mental awareness of your surroundings. The reaction of the cardio respiratory system to increased activity cannot be predicted with complete accuracy and may result in abnormalities in blood pressure or heart rate. In consideration for being allowed to participate in Training, I agree to assume the risk of injury to myself and I further agree to release, indemnify, hold harmless and defend SDSL, its staff members, employees and /or agents conducting Training against any claims for injury, death, accidental or otherwise, or damages, during or arising in anyway from Training. SDSL and its staff members, employees and/or agents would not provide me Training without these agreements. In the event of a breach in the terms of this agreement, the prevailing party shall be entitled to recover it' attorney fees and costs in addition to any other damages or remedies.

Dated: \_\_\_\_\_

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

