
Fitness for the Disc Dog Human – Waiver & Assumption of Risk

By purchasing, accessing, or participating in the *Fitness for the Disc Dog Human* program (“the Program”), you acknowledge and agree to the following:

Voluntary Participation

Your participation in this Program is voluntary. You may stop or modify any activity at any time.

Assumption of Risk

You understand that physical exercise involves inherent risks, including but not limited to muscle strain, joint injury, falls, cardiovascular stress, and other physical injuries. Disc dog–related activities may involve additional variables such as uneven terrain, environmental conditions, equipment, and interaction with animals.

You knowingly and voluntarily assume all risks associated with participation.

Medical Disclaimer

This Program is for educational and general fitness purposes only and does not provide medical advice, diagnosis, or treatment. You are responsible for consulting a qualified healthcare professional before beginning any exercise program, especially if you have pre-existing conditions or concerns.

Release of Liability

To the fullest extent permitted by law, you release and hold harmless **Jeff Scheetz, Seth Munsey / Disc Dog University**, its instructors, affiliates, and representatives from any claims, damages, or liabilities arising from your participation in the Program.

Personal Responsibility

You agree to listen to your body, use sound judgment, and stop any activity that causes pain, discomfort, or distress.

No Guarantees

Individual results may vary. No specific fitness or performance outcomes are guaranteed.

Governing Law

This agreement is governed by the laws of the State of **Missouri**.

Acknowledgment

By purchasing or participating in this Program, you confirm that you have read, understood, and agreed to this waiver.