



Waivers

F45 TRACK INFORMED CONSENT FORM

This can be added to the F45 app based registration form which has a signature requirement.

I have agreed to participate in the F45 workouts, exercise and training programs and any other services (fitness or otherwise) offered by F45 ("Workouts").

I acknowledge and agree that the Workouts: are a recreational sport activity; and may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities.

I hereby affirm, and I affirm each time I participate in a Workout, that:

I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in the Workouts; and I am participating in the Workouts voluntarily and at my own risk.

I HEREBY RELEASE NW FUNCTIONAL FITNESS LLC, F45 NORTHGATE WA, F45 TRAINING PTY LTD, F45 TRAINING PTY LTD (ACN 162 731 900), F45 TRAINING INC, F45 TRAINING PRIVATE ASIA LTD, FUNCTIONAL 45 TRAINING LTD, F45 TRAINING CANADA LTD AND THEIR RELATED BODY CORPORATES, AFFILIATES, SUCCESSORS, ASSIGNEES, FRANCHISEES, LICENSEES AND THEIR OFFICERS, AGENTS AND EMPLOYEES (THE "RELEASED PARTIES") FROM ANY CLAIMS, DEMANDS, AND CAUSES OF ACTION AS A RESULT OF MY VOLUNTARY PARTICIPATION IN THE WORKOUTS, TO THE MAXIMUM EXTENT PERMITTED BY LAW.

I FULLY UNDERSTAND THAT I MAY INJURE MYSELF AS A RESULT OF MY PARTICIPATION IN THE WORKOUTS AND I HEREBY RELEASE THE RELEASED PARTIES FROM ANY LIABILITY NOW OR IN THE FUTURE FOR CONDITIONS THAT I MAY OBTAIN DIRECTLY OR INDIRECTLY FROM PARTICIPATING IN THE WORKOUTS, TO THE FULLEST EXTENT PERMITTED BY LAW. THESE CONDITIONS MAY INCLUDE, BUT ARE NOT LIMITED TO, HEART ATTACKS, MUSCLE STRAINS, MUSCLE PULLS, MUSCLE TEARS,

BROKEN BONES, SHIN SPLINTS, HEAT PROSTRATION, INJURIES TO KNEES, INJURIES TO BACK, INJURIES TO FOOT, OR ANY OTHER ILLNESS OR SORENESS THAT I MAY INCUR, INCLUDING DEATH.

I HEREBY AFFIRM THAT I HAVE READ AND FULLY UNDERSTAND THE ABOVE STATEMENTS.

F45 COVID-19 WARNING AND WAIVER

Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19 The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

F45 Training and the F45 franchised studios ("F45") have done their best to put in place preventative measures to reduce the spread of COVID-19; however, F45 cannot guarantee that you will not become infected with COVID-19. Further, attending F45 could increase your risk of contracting COVID-19.

By signing this agreement, you acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that you may be exposed to or infected by COVID-19 by attending F45 and that such exposure or infection may result in personal injury, illness, permanent disability, and death. You understand that the risk of becoming exposed to or infected by COVID-19 at F45 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, F45 employees and program participants.

You voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to yourself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that you may experience or incur in connection with your attendance at F45 ("Claims"). You hereby release, covenant not to sue, discharge, and hold harmless F45, its employees, agents, and representatives, from the Claims. You understand and agree that this release includes any Claims based on the actions,

omissions, or negligence of F45, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any F45 program.