Bodies for Birth
Healthy Moms for Healthy Babies

Bodies for Birth Activity Release Agreement: Mom & Baby

My baby _____ (name) and I _____ (name) are voluntarily participating in an athletic or physical activity with Bodies for Birth with full knowledge and understanding and appreciation of the risks of injury inherent in any physical exercise, physical activity, or athletic activity and expressly assume all risks of injury and even death, which could occur by reason of my participation.

I assume full responsibility for the safety of my baby throughout class and release Bodies for Birth from any liability and agree not to sue Bodies for Birth with respect to any cause of action for bodily injury, property damage or death occurring to me or my baby as a result of our participation in the activity.

I have obtained clearance to exercise from my OB/Gyn or Midwife and/or I am aware of the risks of exercising while pregnant and choose to exercise at my own risk.

Participant Printed Name _____

Participant Signature _____

Date _____

Witness Printed Name _____

Witness Signature _____

Date _____