

Welcome to the Family !

FitFam Health Waiver & Image Release



欢迎加入我们！

FitFam 健康安全与个人形象弃权书

Dear FitFam member or member-to-be!

In an effort to continue our amazing growth in a responsible way, we'd like everyone to be aware of and agree to this health waiver and image release so we can continue to safely practice our craft and share how incredible we are on social media, etc. We want to make sure all our amazing volunteers and partners who have put so much time into planning and growing this family can keep doing so! This will also help us roll out bigger and better programs for the whole 'Fam - we can't wait! So please bear with us for these standard terms and conditions.

-FitFam Shanghai

亲爱的 FitFam 成员或未来成员！

为了负责任地继续我们惊人的发展，我们要大家都承认并同意之下的健康安全和个人形象弃权书以保障能够安全地继续努力一起训练并在我们在社交媒体渠道上分享大家的活动中特图象和照片。我们都要确保那些已经投入许多时间于规划和发展这个大家庭的志愿者和合作伙伴可以继续这样做！这也将有助于我们推出更大更好的方案给整个 'Fam 享受 - 我们很期待！因此，请容忍我们这些标准条款和条件。

-FitFam Shanghai

Participant hereby stipulates that he/she is physically sound and that he/she has approval to proceed with a routine of exercise.

本人证明自己在身体上和精神上都具备参加健身集训的能力，并且他/她已经批准进行锻炼程序。

LIMITATIONS OF EXERCISE, IF ANY: It is further expressly agreed that all strength training, cardiovascular exercise, or any other exercise shall be undertaken by me at my sole risk and that FitFam Shanghai and its officers, agents, partners, representatives, executors and all others acting on their behalf shall not be liable to me for claims or liabilities for injuries or damages to my person and/or property, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf, arising out of or connected with my participation in any activities, programs or services of FitFam Shanghai or the use of any equipment at various sites, including home, provided by and/or recommended by FitFam Shanghai.

如有任何运动限制：本人进一步明确同意自愿参与所有力量训练，心血管锻炼或任何其他运动，并独立承担可能产生的风险。FitFam 上海及其组织者，代理，合作伙伴，代表，执行者和所有其他人都不用对我本人和/或财产的损害（包括由于提及的任何人或代表他们行事的人的过失行为或不行为造成的损失或损害，或参与 FitFam Shanghai 的任何活动，计划或服务，或使用由 FitFam Shanghai 提供和/或推荐的各种场所（包括家庭）的任何设备而造成的损害）承担任何责任。

I do hereby expressly forever release and discharge FitFam Shanghai and its officers, agents, partners, representatives, executors and all others acting on their behalf and their agents or employees from all such claims, demands, injuries, damages, actions or causes of action, from all acts of active or passive negligence on the part of FitFam Shanghai and its associated parties. I further expressly agree that I will not use equipment improperly. If I have any questions

whatsoever, concerning exercise and use of equipment, I agree that I will request instruction from FitFam Shanghai representatives.

本人在此郑重声明，免除 FitFam Shanghai 及其负责人，代理人，合作伙伴，代表，执行者和所有其他相关人员的责任，这些责任包括并不限于由 FitFam Shanghai 或其相关人员直接或间接引起的指控，诉求，伤害，破坏，以及其他行为。本人郑重承诺合理使用器械。如果本人对运动或器械有任何问题，本人承诺向 FitFam Shanghai 的代表和负责人寻求帮助并听从指导。

I have been informed of, understand and am aware that strength, flexibility and aerobic exercise, including the use of equipment, is a potentially hazardous activity. I also have been informed of, understand and am aware that fitness activities involve a risk of injury, including a remote risk of death or serious disability, and that I am voluntarily participating in these activities and using equipment and machinery with full knowledge, understanding and appreciation of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death.

本人知晓并理解力量训练，柔韧性练习和有氧运动，包括器械的使用，是有潜在风险的活动。本人知晓并理解参与健身活动有受伤的风险，包括概率极低的死亡或重度伤残风险。本人完全自愿参与这些活动，合理使用器械，理解并接受其中可能存在的风险。本人郑重声明，一切可能发生的伤残或死亡等所有风险均由本人承担。

PHOTO/IMAGE RELEASE: I hereby give FitFam Shanghai and its associated parties the right to use content provided by me on any FitFam Shanghai operated platforms (WeChat, Facebook, Instagram, etc.) containing my name / photograph / image / audio recording / video recording / and likeness ("My Image"). I hereby give FitFam Shanghai permission to use My Image in all forms and manner including but not limited to publication on Internet Web Sites, broadcasts and any other publications as released to or by FitFam Shanghai. I understand that FitFam Shanghai cannot control unauthorized use of My Image by persons not associated with FitFam Shanghai once My Image has been published. I hereby recognize that any content I elect to share is subject to this release and forever waive any right to inspect or approve any publication of My Image by FitFam Shanghai. I have carefully reviewed and understand the above provisions and agree to be bound by them. I voluntarily and irrevocably give my consent and agree to this Release and Waiver.

照片/图片发布：我特此授予 FitFam 上海及其关联方使用我在任何 FitFam 上海经营平台（微信，Facebook，Instagram 等）上提供的内容，包含我的姓名/照片/图像/录音/录像录音/和肖像（“我的形象”）。我特此允许 FitFam 上海以所有形式和方式使用我的图片，包括但不限于由 FitFam 上海在互联网网站上出版，广播和任何其他形式的出版物或发布。我理解 FitFam 上海在我的图片发布后，无法控制未与 FitFam Shanghai 相关的人员未经授权使用我的图片。我在此承认，我选择分享的任何内容受本新闻稿的约束，并永远放弃任何权利检查或批准任何由 FitFam 上海发布的我的形象。我已仔细阅读并理解上述规定，同意受其约束。我自愿和不可撤销地同意并同意此版本和豁免。

DO NOT PARTICIPATE IN FitFam Shanghai ACTIVITIES UNLESS YOU UNDERSTAND THESE TERMS COMPLETELY. IF YOU DO NOT UNDERSTAND, YOU SHOULD SEEK LEGAL COUNSEL.

请在完全理解上述条款以后再参与 FitFam 上海的活动。如果有任何问题，请寻求法务建议。