

## HOLD HARMLESS AND RELEASE FROM LIABILITY AGREEMENT

I, \_\_\_\_\_ (PRINT NAME), hereinafter "Guest", on my own behalf, enter into this HOLD HARMLESS AND RELEASE FROM LIABILITY AGREEMENT ("Agreement") on May 10-14, 2022 (DATE) in Quantico, VA (CITY, STATE). My current address and telephone number are \_\_\_\_\_

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### AGREEMENT

1. For consideration of allowing the Guest to participate at his or her request in the 2022 Marine Corps Recruiting Command Educator's Workshop, Guest agrees as follows:
  - a) Guest will HOLD HARMLESS and RELEASE FROM LIABILITY the United States Government (USG), the Department of Defense (DOD), the Department of the Navy (DON), the United States Marine Corps (USMC), and the Marine Corps Base Quantico (MCBQ) and all tenant commands (TBS and OCS) from any and all claims, actions, and judgments, including costs and attorney's fees, from any personal injury, up to and including death, or property damage arising from or related to Guest's participation in physical training, whether official or unofficial, including NEGLIGENT OR RECKLESS CONDUCT by the USG, DOD, DON, USMC, and MCBQ.
  - b) For the purposes of this Agreement, the USG, DOD, DON, USMC, and MCBQ includes, but is not limited to, all their tenant commands personnel, agents, or employees acting official or unofficial capacity.
  - c) PARTICIPATION IN PHYSICAL TRAINING IS COMPLETELY VOLUNTARY and Guest, or the USG, DOD, DON, USMC, and MCBQ can stop participation at any time, for any reason.
  - d) Guest acknowledges that he or she accepts ANY AND ALL RISK of his or her current medical conditions and agrees to HOLD HARMLESS and RELEASE FROM LIABILITY the USG, DOD, DON, USMC, and MCBQ from any and all injuries, up to and including death, stemming from the physical activities outlined below that may occur from ANY MEDICAL CONDITION, whether disclosed, undisclosed, known, or unknown by either party.
  - e) Guest is HIGHLY RECOMMENDED to obtain a full physical from a licensed physician before completing any physical activity and acknowledges that any physical activity undertaken is completely VOLUNTARY AND AT THEIR OWN RISK and Guest SHOULD DISCLOSE ANY CURRENT MEDICAL CONDITIONS.
  - f) Guest, by signing this Agreement, fully understands that the physical training is designed to be EXTREMELY RIGOROUS and is intended as preparation for success at Marine Corps Recruit Training.
  - g) The physical activity and events could include, but are not limited to, pull-ups, sit-ups, flexed arm hang, crunches, push-ups, rope climbing, sprinting, jogging, hiking, ammo can lifts, obstacle courses, and team building exercises.
2. Guest acknowledges that he or she has not relied on ANY REPRESENTATIONS, whether explicitly or implicitly made, other than the written terms outlined above and that ONLY THE WRITTEN TERMS of this contract represent the full and complete Agreement.

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(Signature of Guest)

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(Date)