



Physician Medical Release Form
TO BE COMPLETED BY YOUR PRIMARY CARE PROV. OR NEURO.

Date: ____/____/____

Doctor's Name: _____

Your patient, _____, DOB ____/____/____ wishes to participate in the Rock Steady Boxing (NON-CONTACT) exercise program for people with Parkinson's disease. Our goal is to help your patient have a better quality of life through fitness and socialization. The activities may involve cardiovascular training (walking, punching heavy bags, etc), flexibility instruction (stretching, getting down and up from the floor), resistance training and core strengthening techniques. Safety and modifications for various levels of fitness and disease progression are considered.

PHYSICIAN'S RECOMMENDATION:

- I am not aware of any restrictions to participate in this exercise program.
- I believe the patient can participate but would urge caution (*please explain*): _____

Patient should not engage in the following activities: _____

If your patient is taking medications that will affect their heart rate response to exercise, please indicate the manner of the effect (raises, lowers or has no effect on heart rate response during exercise):

Type of medication _____	Effect _____
Type of medication _____	Effect _____

PHYSICIAN COMPLETES

_____ (patient's name) has my approval to begin the Rock Steady Boxing New Bern exercise program with the recommendations or restrictions stated above.

Printed name _____

Phone _____

Signature _____

Check box for method of returning form:
*forms cannot be faxed

MAILING SIGNED FORM: Bike Box Project PO Box 1313 New Bern, NC 28563	<input type="checkbox"/>	EMAILING SIGNED FORM: bethany@bikeboxproject.org	<input type="checkbox"/>	PATIENT WILL PICK UP: AND DELIVER:	<input type="checkbox"/>
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Please call Bethany Richards at (571) 215-9282 or Staci Hulse at (928) 502-1048 upon completion of all documents, including the Dr.'s waiver, to schedule an assessment and start the Rock Steady Boxing Program.

Member Information

Welcome to Rock Steady Boxing New Bern!

Date ____/____/____

Name _____ DOB ____/____/____

Address _____

City _____ Zip Code _____

Home Phone _____ Cell Phone _____

Email _____

How did you hear about Rock Steady Boxing? (circle) Referral/Media/Website/Other _____

Emergency Contact Information

Name _____

Relationship to Applicant _____

Address _____

City _____ Zip Code _____

Home Phone _____ Cell Phone _____

Email _____ Text Capable: Y / N

Authorization given for (Spouse/Caregiver) _____,

to receive information/updates via text (cell number) _____ and

email _____.



WAIVER & RELEASE OF LIABILITY

Rock Steady Boxing, Inc. (hereinafter, "RSB"):

The individual named below (referred to as "I" or "me") desires to participate in the Rock Steady Boxing program (the "Activity"). As lawful consideration for the intangible value that I will gain by participating in the Activity, I agree to all the terms and conditions set forth in this Waiver and Release of Liability (this "Release").

I am aware and understand the nature of the Activity, and my physical condition and capabilities, and I believe that I am physically capable of participating in such activity. I further acknowledge that I am aware that the activity may be conducted in facilities open to the public or members of the public and/or employees of another corporate entity or entities, during the activity. I further agree and warrant that any time, if I believe any condition to be unsafe, I reserve the right, without penalty, financial or otherwise, to immediately discontinue further participation in the activity and bring such condition to the attention of the management of RSB.

I AM AWARE AND FULLY UNDERSTAND that (a) the Activity involve risks and dangers of **SERIOUS BODILY INJURY**, including permanent disability, paralysis and death ("Risks"); (b) these Risks and dangers may be caused by me or by the actions or inactions of others participating in the Activity, the conditions under which the Activity takes place, or **THE NEGLIGENCE OF THE "RELEASEES" NAMES BELOW**; (c) there may be other risks and social and economic losses either known to me or not readily foreseeable at this time, and I **FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** incurred as a result of my participation in these activities.

I ACKNOWLEDGE THAT I AM VOLUNTARILY PARTICIPATING IN THE ACTIVITY WITH KNOWLEDGE OF THE DANGER INVOLVED AND HEREBY AGREE TO ACCEPT AND ASSUME ANY AND ALL RISKS OF INJURY, DEATH, OR PROPERTY DAMAGE, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS RSB, its clubs and their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activities take place (each considered one of the "Releasees" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "Releasees" or otherwise, including negligent rescue operations and further agree that if, despite this release, I or anyone on my behalf makes a claim against any of the Releasees, I will be responsible for the payment to any or all of the Releasees harmed by such assertion of a waived claim, or any expenses arising from my assertion of waived claims or causes of action, including but not limited to reasonable attorney fees and court costs.

I hereby further agree that this agreement may not be modified orally, and a waiver of any provision shall not be construed as a modification of any other provision herein or as consent to any subsequent waiver or modification. Every term and provision of this agreement is intended to be severable -- if any one or more provision is found to be unenforceable or invalid, said provision shall not affect the other terms and provision, which shall remain binding and enforceable. All matters arising out of or relating to this Release shall be governed by and construed in accordance with the internal laws of the State of Indiana without giving effect to any choice or conflict of law provision or rule (whether of the State of Indiana or any other jurisdiction). Any claim or cause of action arising under this Release may be brought only in the federal and state courts located in Marion County, Indiana and I hereby consent to the exclusive jurisdiction of such courts.

BY SIGNING, I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTOOD ALL OF THE TERMS OF THIS AGREEMENT AND THAT I AM VOLUNTARILY GIVING UP SUBSTANTIAL LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE THE RELEASEES.

Printed Name of Applicant

Date ____/____/____

Signature of Applicant



ROCK STEADY BOXING NEW BERN
PARTICIPANT
LIABILITY WAIVER

In consideration of the fee paid, participant understands that there is a risk of personal injury in the course of instruction and, with this knowledge, agrees to assume the risk of any injury and damages to participant during training.

Specifically, participant agrees to indemnify and hold harmless Rock Steady Boxing New Bern, and all other individuals, organizations, sponsors, promoters, operators, hosts, instructors, associations, schools, owners, officials, directors, employees, and other participants connected with the events from all losses, damages, injuries, causes of action, claims, or complaints in the event that the participant is damaged or injured in any way during participation, instruction, and/or performance of any exercise or during any activity associated with the event location or during transit to or from the event.

Participant further agrees to strictly obey instructors and observe safety rules.

Signature

Date

Print Name

GEAR ORDER FORM

Rock Steady Boxing New Bern encourages boxers to have their own equipment.

See items below to purchase individually or choose the bundle pack (recommended).

Items listed are at wholesale price from Century Martial Arts Supply.

Bundle Pack (recommended)	Wraps S/M, M/L, L/XL	Boxing Gloves 12oz, 14oz, or 16oz	\$75
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Or purchase items individually:

RSB Neoprene Wraps	S/M, M/L, L/XL	\$20
Boxing Gloves	12oz, 14oz, or 16oz	\$55

*wraps must be purchased through RSBNB, however boxing gloves MAY be purchased through personal shopping & selection.

*wraps can be washed and boxing gloves can be cleaned with warm, soapy water

ROCK STEADY BOXING NB PRICE STRUCTURE:

To schedule your assessment, once all paperwork is complete, please contact
Bethany at 571-215-9282 or Staci at 928-502-1048.

Assessments take @ 1 hr.

Plan to wear clothing that allows you to move freely and sneakers.

Cost for assessment and boxing gear is a total of \$125 due at appointment.

Payment is with a credit card that will be kept on file. Please remember to update your card on file as your info changes or you get a new card or replacement card.

12 Month Membership	One-time payment of \$1,008	Equivalates to \$84/month
3 Month Membership	Quarterly payment of \$270	Equivalates to \$90/month
1 Month Membership	\$96/month	Equivalates to \$96/month

*Membership fees are non refundable and we require a 30 day notice for any billing changes.

*pay annually or quarterly and save \$\$

Variety classes and game night are included with RSB membership. Support group meetings are highly recommended.

Schedule for variety classes and support group meetings:

1st Friday at 11am: Chair Yoga

4th Friday: Support Group (all welcome - - - PwP and caregivers)

4th Monday: Care Partner Only Group

All Support Group meetings are held at:

Trinity United Methodist Church, 2311 Elizabeth Ave., New Bern, NC 28562