



I agree to participate as a coach in the On My Mat program. The purpose of the program is to promote leadership skills, self esteem, and self awareness through small group lessons and yoga. I understand that during the program, I will be involved in yoga and other physical activity. Medical consequences can occur as a result of participation in physical activity. While On My Mat takes all reasonable precautions, we can make no guarantees regarding these and other risks. By signing below, I am indicating that I am in appropriate health to participate in the program and have regular access to medical care. Recognizing the risks of the program, I hereby release, discharge and agree to hold harmless, and to indemnify On My Mat and its owners, directors, officers, contributors, sponsors, employees, contractors, agents and assigns against and from any causes of action, claims, demands, damages, costs, loss of services, expenses, compensation, all consequential damages and attorney's fees (regardless whether pursuant to the laws of any county, state or country) claimed by, through or on behalf of me related directly or indirectly to the program, and specifically including any and all claims for personal injuries sustained while participating in program activities without regard to negligence or negligent conditions.

In addition, I hereby authorize On My Mat, if I am unable to make medical decisions for myself and if sound medical practice decrees that there is not time to make such an attempt, to consent to any x-ray examination, anesthetic, dental, medical or surgical diagnosis or treatment, and hospital care, to be rendered under the general or special supervision and on the advice of any physician or surgeon who may treat me, and consent to any x-ray examination, anesthetic, dental, medical or surgical diagnosis or treatment and hospital care, to be rendered to me by any healthcare professional who may treat me. I agree to pay for any such treatment and to reimburse On My Mat for all costs and expenses it may incur related to such treatment.

I hereby grant On My Mat, any On My Mat sponsors, and all assigns, licensees, successors in interest, legal representatives, employees, consultants, and those acting with permission or authority of the aforementioned parties, the absolute, irrevocable and unrestricted right to use photographs, videos likeness and audio (including without limitation all originals, negatives, prints and transparencies or any duplicates or reproductions of the foregoing) that have been or will be taken of the me (collectively, "Images"), in which I may be included with others, to copyright the same, in the name of On My Mat or otherwise; to use, re-use, publish and republish the same in whole or in part, individually or in conjunction with other photographs and

videos, and in conjunction with any printed matter, in any and all media now and hereafter known, and for any purpose whatsoever.

I hereby agree to not duplicate or reproduce any of the proprietary information shared with coaches. The rights of the curriculum content are reserved to On My Mat LLC.

I acknowledge that I will be exposed to information that is confidential and proprietary to On My Mat. I acknowledge that On My Mat has devoted considerable time, effort and money to develop, the curriculum and program. Therefore, I agree that the content that is provided for the purposes of participating in the program and that:

1. I will not disclose to any third party, directly or indirectly, the Information or copy, reproduce or make or permit any unauthorized use of the Information.
2. All right, title and interest in and to the Information will remain the exclusive property of On My Mat and its licensors and no interest, license or any right respecting the Confidential Information, other than expressly set out in this agreement, is granted to me under this Agreement by implication or otherwise.
3. I agree to coach and run an On My Mat program with and through the LLC. I will not start a like program after coaching with OMM.

I hereby release and agree to hold harmless On My Mat and all aforementioned entities, from any damages or liability relating to or arising from any use of or modification, alteration, distortion or other change to any of the Images and/or information gathered, unless it can be proven that such reproduction were maliciously caused, produced and published for the sole purpose of subjecting me to conspicuous ridicule, scandal, reproach, scorn and indignity. I hereby waive any claims I may have based on any usage of the Images, information gathered, or works derived thereof, including but not limited to claims for either invasion of privacy or libel. I understand that I may have access to confidential information regarding our participants and their families, including a survey. The survey assesses thoughts, feelings, and behaviors related to physical activity, self, and peers. This information will enable On My Mat to determine whether improvements have occurred over the course of the season. No names will be included on the surveys; rather, a code number will be assigned to each girl that will only be known by On My Mat. I will make all possible efforts to assist OMM in maintaining this confidentiality. I expressly agree that this consent is intended to be as broad and inclusive a release of liability as permitted by applicable law and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. I hereby warrant and represent that I am 18 years old or older; I have carefully read this consent and agree to its terms and conditions, that before signing this agreement I had the chance to ask questions; and I am aware that by signing this consent, I assume all risks and waive and release certain

substantial rights that I and participant may have or possess against On My Mat. To the extent permitted by applicable law, I hereby irrevocably and unconditionally waive trial by jury in any legal action or proceeding related to this agreement.

I have fully read the permissions and releases listed above, understand them, and I expressly agree to them. I hereby certify that there are no contraindications to my participation in the On My Mat program and this permission and release is binding on me and my executor, administrators and heirs.

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Signature of Coach

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Date

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Printed Name of Coach