

# Release of Liability Waiver



I, as named on this page, agree to participate in the Warrior Affiliate League (WAL) competition series, a fitness competition hosted by Chino CrossFit (CCF); and willingly assume full responsibility for any and all risks that I am exposing myself to as a result of my participation. I am fully aware that the fitness competition in which I desire to participate is a nature and kind that is extremely strenuous and can/may push me to the limits of my physical abilities. I, the undersigned, am aware that strenuous physical exercise and lifting heavy weights could result in serious injury to the musculoskeletal and/or cardio respiratory systems, or possibly even death. I recognize and understand that my participation in this competition exposes me to varying degrees of risk due to, but not limited to:

- Negligence on the part of myself or other people
- Improper use or failure of equipment
- Existing medical condition, whether known or unknown
- Poor mechanics during the execution of complex movements under heavy load

I hereby waive, release, remise, and discharge CCF, WAL, and all its agents, officers, principals and employees, and volunteers of the WAL competition of any and all liability, claims, demands, actions or rights of action, or damages of any kind related to, arising from, or in any way connected with my participation in the WAL competition, including those allegedly attributed to the negligent acts or omissions of the undersigned individual.

I accept financial responsibility for any injury that I may cause, either to myself, or to any other participant due to my negligence. Should the undersigned individual, or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless CCF, WAL, their principals, agents, employees, and volunteers of WAL competition from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in the WAL competition.

We agree to allow CCF, WAL, its principals, agents, employees, and volunteers of WAL competition to use picture(s), images, film, and/or likeness of me recorded during the competition for advertising, marketing, and media purposes.

I have fully read and completely understand the foregoing assumption of risk, and release of liability; and I understand that signing this waiver obligates me to indemnify the parties named for any liability for injury or death of any person and damage to property caused by my negligent or intentional act or omission. I understand that by signing this form, I am waiving valuable legal rights.

Team Name/ Division: \_\_\_\_\_ Affiliate Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
Name Signature: Initial:

1.

\_\_\_\_\_

2.

\_\_\_\_\_

3.

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4.

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Participant's Full Name (If under 18 y.o.) \_\_\_\_\_ Parent Signature: \_\_\_\_\_