

UNITED STATES STRENGTHLIFTING FEDERATION LLC

WAIVER AND RELEASE OF LIABILITY

In consideration of participating in any sanctioned event (the "Event") by the United States Strengthlifting Federation (the "USSF") I do so **entirely at my own risk** and acknowledge, appreciate, and agree to the following:

1. Athletic activities involve risks and dangers of serious bodily harm including injury, disability, and death. These risks and dangers may be due to my own actions, the actions of other participants, and the condition in which the activity takes place. I fully accept and assume all risk and responsibility for losses, costs, and damages that incur as a result of my participation in the Event.
2. I am in good health and proper physical condition to participate in the Event. At any point I believe myself or the conditions to be unsafe, I will discontinue my participation in the Event and notify the staff immediately.
3. I will be held solely responsible for any damages that I may cause, accidental or willingly, to the property of the USSF, the property of the meet director, or Event organizer. I will personally pay in full any damages that occur on my behalf. The USSF is not responsible for my actions and I alone am responsible for any debts that may occur.
4. I, for myself and on behalf of my personal representatives, heirs, and next of kin hereby release, indemnify, and hold harmless the USSF as well as the directors, employees, agents, volunteers, participants, sponsors, advertisers, owners and lessors of the premises on which the activity takes place from all claims, liability, demands, losses, or damages caused or alleged to be caused in whole or in part by **negligence** or otherwise, to the fullest extent permitted by law.
5. I give permission for the use of my likeness in photographs and video from this event for the purpose of promotional materials and waive any rights of compensation or ownership.

I acknowledge that I have carefully read and fully understand this agreement and its terms. I understand that I have given up substantial rights by signing it and sign it voluntarily without inducement. I agree that if any portion of this agreement is deemed to be invalid, then the remainder of this agreement shall remain in full force and effect and the offending provision or provisions severed here from.

Participant's signature

Date

Please print name

Parent or legal guardian (*if participant is under age eighteen*)

Date

Please print name

