

WAIVER AND RELEASE OF LIABILITY FOR

Books & Barbells 2023

HOSTED BY ATHLOS LIFE, LLC

I, _____ (Participant or parent/guardian if Participant is under the age of 18), HEREBY WAIVE AND RELEASE, or do WAIVE AND RELEASE on behalf of my minor Child, indemnify, hold harmless and forever discharge ATHLOS LIFE, LLC and its heirs and assigns, of and from any and all claims, demands, debts, contracts, expenses, causes of action, lawsuits, damages and liabilities of every kind and nature, whether known or unknown, in law or equity, that I ever had or may have, arising from or in any way related to my participation in, or my Child's participation in any of the functions or activities conducted by, or on the premises of, or for the benefit of ATHLOS LIFE, LLC, provided that this waiver of liability does not apply to any acts of gross negligence, or intentional, willful or wanton misconduct.

I understand that the activities that I, or my Child, will participate in are inherently dangerous and may cause serious or grievous injuries, including bodily injury, damage to personal property and/or death. On behalf of myself, my Child, my heirs, assigns, and next of kin, my Child and/or I waive all claims for damages, injuries and death sustained by me or my property, that said Child and/or I may have against ATHLOS LIFE, LLC to such activity.

I, as a Participant, or my Child, hereby acknowledge that I understand and am familiar with the nature of the activities in which I, or my Child, will participate in all aspects of the Books & Barbells Lifting Program, and affirm that I, or my Child, am in good health and that I/my Child do not have a physical or emotional condition, past or present, of which I am aware, which would affect in any way my/my Child's ability to participate in this Event, except as noted below. The nature of the activities has been fully disclosed and any flyer, advertisement, or brochure relating to the Event activities is expressly made a part of this WAIVER AND RELEASE.

Medical Conditions (if Participant is Under Age 18): My Child is subject to the following allergies or medical conditions:

Prohibited Activities. As a result of the above-mentioned medical conditions, I, on behalf of said Child, am prohibiting involvement in the following specific activities:

In case of emergency, I give my permission for emergency medical treatment of my Child and for transportation to such treatment.

By this Waiver, I, as a Participant or I, on behalf of my Child, assume any risk, and take full responsibility and waive any claims of personal injury, death or damage to personal property associated with ATHLOS LIFE, LLC, including but not limited to participating in the Event, using the facilities, if applicable, and its equipment in any manner, form or fashion, and transportation to and from the Event.

This WAIVER AND RELEASE contains the entire agreement between the parties and supersedes any prior written or oral agreements between them concerning the subject matter of this WAIVER AND RELEASE. The provision of this WAIVER AND RELEASE may be waived, altered, amended or repealed, in whole or in part, only upon prior written consent of all parties.

The provision of this WAIVER AND RELEASE will continue in full force and effect even after the termination of the activities conducted by, on the premises of, or for the benefit of, ATHLOS LIFE LLC whether by agreement, by operation of law, or otherwise.

I have read, understand and fully agree to the terms of this WAIVER AND RELEASE. I understand and confirm that by signing this WAIVER AND RELEASE that I, as a Participant, or my Child and I have given up considerable future rights. I have signed this Agreement freely, voluntarily, under no duress or threat of duress, without inducement, promise or guarantee being communicated to me. My signature is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE or all liability to the full extent of the law.

I further acknowledge and understand that ATHLOS LIFE, LLC is hosting the Event only, during the times specified. As a Participant, I am responsible for my own transportation to/from the Event and and/or for picking up my Child as soon as the Event is over.

Date

Printed Name of Child OR Printed Name of Participant
If Participant is over the age of 18

Printed Name of Parent (Guardian)

Printed Name of Parent (Guardian)