



## **Waiver Form NZ Championship**

### **INFORMED CONSENT / ASSUMPTION OF RISK:**

I agree to participate in one or more days of physical fitness program (s) / competition by NZ Champs, which may include, but not necessarily be limited to foundations, strength training of any kind by any affiliate, subsidiary or partnership of CrossFit and or employed trainers (hereinafter collectively referred to as NZ Champs.) NZ Champs made me fully aware that the fitness program / competition which NZ Champs offers and in which I desire to participate are of a nature and kind that are extremely strenuous and can/may push to the limits of my physical abilities. I the undersigned recognize and understand that the programs/competition are not without varying degrees of risk; which may include, but are not limited to the following:

Injury to the musculoskeletal and/or cardio respiratory systems which can result in serious injury or death, injury or death due to negligence on the part of myself, my training partner, or other people around me, injury or death due to improper use or failure of equipment, or injury due to a medical condition, whether known or unknown by me. I am aware that any of these above mentioned risks may result in serious injury to me and / or my partner(s).

I willingly assume full responsibility for any and all risks that I am exposing myself to as a result of my participation in NZ Champs programs / competition and accept full responsibility for any injury or death that may result from participation in any activity, competition or physical fitness program. I hereby certify that I know of no medical problems that would increase my risk of illness and injury as a result of participation in a fitness program designed by NZ Championship. CrossFit informed me that there exists the possibility of adverse physical changes during an exercise program, and I fully understand the same. NZ Championship informed me that these changes could include abnormal blood pressure, fainting, disorder of heart rhythm, stroke, and in very rare instances, heart attack or even death, and I fully understand the same. With my full understanding of the above information, I agree to assume any and all risk associated with my participation in NZ Championship competition.

### **RELEASE:**

In full consideration of the above mentioned risks and hazards and in full consideration of the fact that I am willingly and voluntarily participating in the activities made available by NZ Champs, and with my full understanding of all of the above, I hereby waive, release, remise and discharge NZ Championship and its agents, officers, principals, employees and volunteers, 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 NZ Champs fitness programs/ competition, including those allegedly attributed to the negligent acts or omissions of the above mentioned parties.

This agreement shall be binding upon me, my successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, I agree that the remainder of the agreement shall remain in full legal force and effect.



## **INDEMNIFICATION:**

I recognize that there is risk involved in the types of activities offered by NZ Championship. Therefore I accept financial responsibility for any injury that I, or the participant may cause either to him/herself or to any other participant due to his / her negligence. I further agree to indemnify and hold harmless NZ Championship, their principals, agents, employees, and volunteers 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 activities offered by NZ Champs.

## **Use of picture(s)/film/likeness:**

I agree to allow NZ Championship, its agents, officers, principals, employees and volunteer's the picture(s), film and / or likeness of me for advertising purposes. In the event I choose not to allow the use of the same for said purpose, I agree that I must inform NZ Championship of this in writing.

## **General:**

I agree to refrain from engaging in any disparaging conversations on social media which may affect the integrity of the NZ Championship and CrossFit.

Athletes must be at least 16 years of age at the time of registration.

## **Injury:**

If an accident or injury occurs at the competition, the person (s) involved must report to medical staff. The competition director must be informed immediately. The competition director and medical staff must give approval for the athlete to continue.

## **Refund Policy:**

Refunds will not be given under any circumstance unless management gives an exemption on an individual case. You can transfer your registration to another member to compete in that same team only if you are signed up in a team (RELATES TO TEAMS ONLY).

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**Participant's Name (Signature)**

\_\_\_\_\_  
**Signature**

\_\_\_/\_\_\_/\_\_\_  
**Date**