



## RELEASE OF LIABILITY WAIVER

**In agreeing to participate in recreation and fitness activities/competitions at Rebel Competitor Series under CrossFit Insurgent, I agree as follows:** I fully understand and acknowledge that recreational and fitness activities have (a) inherent risks, dangers, and hazards and such exists in my use of any equipment and my participation in these activities; (b) my participation in such activities and/or use of such equipment may result in injury or illness including, but not limited to bodily injury, disease, strains, fractures, partial and/or total paralysis, death or other ailments that could cause serious disability; (c) these risks and dangers may be caused by the negligence of the representatives, employees, or volunteers of Rebel Competitor Series under CrossFit Insurgent, the negligence of the participants, the negligence of others, accidents, breaches of contract, or other causes; (d) by my participation in these activities and for use of equipment, I hereby assume all risks and dangers and all responsibility for any losses and/or damages whether caused in whole or in part by the negligence or the conduct of the representatives, employees, or volunteers of Rebel Competitor Series under CrossFit Insurgent, or by any other person.

I, on behalf of myself, my personal representatives and my heirs, hereby voluntarily agree to release, waive, discharge, hold harmless, defend, and indemnify Rebel Competitor Series under CrossFit Insurgent and its representatives, employees, and volunteers from any and all claims, actions or losses for bodily injury, property damage, wrongful death, loss of services or otherwise which may arise out of my use of any equipment or participation in these activities.

### COVID-19 SYMPTOM MANAGEMENT AND DECLARATION

Symptoms of COVID-19 include but are not limited to: fever, dry cough, fatigue, loss of appetite, loss of smell, and body ache. I, understand that if experiencing any of the aforementioned symptoms of COVID-19 requires immediate exit from the competition facility. I acknowledge that no third party, either from the facility or otherwise, will be capable of monitoring my symptoms, and it is my responsibility to be continually cognizant of all symptoms and interactions with other individuals who may have been exposed all times. I agree that I will remove myself from participating and seek medical treatment of my own accord should I have any concerns regarding possible symptoms of COVID-19.

I, agree to monitor myself as outlined by the CDC, Federal, State, Local and the Fitness Center Guidelines to be accountable for my actions and to limit community spread. I acknowledge and understand that I am the only individual capable of determining if I am experiencing COVID-19 symptoms. I hereby assume all risks and dangers and all responsibility for any losses and/or damages whether caused in whole or in part by the negligence or the conduct of the representatives, employees, or volunteers of Rebel Competitor Series under CrossFit Insurgent, or by any other person.

I, agree to the following safety guidelines: Wash my hands before, during and after workouts, wipe down all equipment before and after use with disinfectant supplies provided, provide my own source of water and towel, provide a towel to use on mats, benches and other surfaces in order to avoid contact/respect the 6-FT spacing, and social distancing requirements.

**I HAVE READ THE ABOVE WAIVER AND RELEASE AND BY SIGNING IT AGREE IT IS MY INTENTION TO EXEMPT AND RELIEVE REBEL COMPETITOR SERIES UNDER CROSSFIT INSURGENT, FROM LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH CAUSED BY NEGLIGENCE OR ANY OTHER CAUSE.**

Team Name/Division: \_\_\_\_\_

Date: \_\_\_\_\_

Each Individual Participating in this competition:

1. \_\_\_\_\_

Date: \_\_\_\_\_

2. \_\_\_\_\_

Date: \_\_\_\_\_