



# Participant Waiver and Release of Liability

This waiver serves as a binding agreement between the undersigned participant (the "Participant") and ZeroW (the "Event Organizer") for participation in the specified event (the "Event").

By signing this waiver, the Participant acknowledges and agrees to the following terms and conditions:

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## 1. Assumption of Risk

The Participant understands that powerlifting is a physically demanding sport that carries inherent risks, including but not limited to, risks of physical injury, illness, and death. By participating in this event the Participant assumes all responsibility for any injuries, illnesses, or adverse health effects resulting from participation. While the meet director makes all efforts to run a safe meet, any injury or damage suffered by the participant during normal competition is the sole responsibility of the participant.

## 2. Agreement to Follow Safety Protocols and Meet Director Authority

The Participant agrees to follow all safety guidelines and instructions provided by the Meet Director, competition staff, and UKPU officials. This includes:

- Following spotter instructions, warm-up protocols, and other event-related safety measures.
- Adhering to any medical decisions or rulings made by the Meet Director, including removal from competition if deemed necessary for health and safety.

## 3. Authority Acknowledgment:

The Participant's fitness to compete is subject to the discretionary assessment of the Meet Director. The Participant acknowledges the authority of the Meet Director to prevent further participation if the Participant experiences:

- a medical episode,
- physical distress,
- or poses a risk to their own or others' safety.

## 4. Certification of Health and Fitness

The Participant certifies that they are in adequate physical health and condition to safely participate in a powerlifting competition. Any pre-existing medical conditions, illnesses, or symptoms that may affect participation have been disclosed to the Meet Director or event medical personnel prior to the competition.

## 5. Waiver of Liability and Indemnification

The Participant agrees to waive and release the UK Powerlifting United, the Meet Director, event organisers, sponsors, and all associated personnel from any and all claims, liabilities, or expenses that may arise as a result of participation in this competition. This release covers all claims for injuries, medical expenses, or other damages arising out of or in connection with participation in this event, except in cases of gross negligence or wilful misconduct.