



WAIVER, RELEASE, AND ASSUMPTION OF RISK FORM

This document is an important legal document. It explains the risks you are assuming by participating in the event. It is important that you read and understand it completely.

WAIVER, INFORMED CONSENT, AND COVENANT NOT TO SUE

I have voluntarily chosen to participate in a competition organized by Pinnacle Football Group and its affiliates, which includes but is not limited to high-intensity training and competition. In consideration of Pinnacle Football Group agreeing to instruct, assist, and train me, I hereby and forever release, discharge, and hold harmless Pinnacle Football Group, its affiliates, partners, coaches, heirs, assigns, contractors, and employees from any and all claims, demands, damages, rights of action, or causes of action, present or future, arising out of or connected with my participation in this or any exercise program organized by Pinnacle Football Group, including any injuries resulting therefrom.

This waiver and release of liability includes, without limitation, injuries which may occur as a result of equipment malfunction, slips or falls, and negligent instruction or supervision.

ASSUMPTION OF RISK

I acknowledge that participation in this event may be physically demanding and that there are inherent risks associated with high-intensity training and competition. These risks include but are not limited to abnormal blood pressure changes, fainting, heartbeat disorders, serious injury, disability, or, in rare cases, death.

I understand that I should consult my physician before participating in this event. I assume full responsibility for any injuries or conditions that may arise as a result of my participation.

I acknowledge that I have thoroughly read this Waiver, Release, and Assumption of Risk Form and fully understand that it is a complete release of any liability Pinnacle Football Group might otherwise incur as a result of my participation. By signing this document, I am waiving any right I or my successors may have to bring a legal action or assert a claim against Pinnacle Football Group, its employees, agents, or contractors for any negligence.

PHOTOGRAPHY AND AUDIO/VIDEO RECORDING CONSENT

I give Pinnacle Football Group permission to videotape, photograph, and record my image and likeness. I understand that such recordings may be used at the sole discretion of Pinnacle Football Group. I also acknowledge that by giving my permission, I am not endorsing Pinnacle Football Group or any of its affiliated products.