

GOLDEN GATE WRESTLING CLUB

WAIVER & RELEASE FROM LIABILITY/CONSENT FORM

I, _____, the undersigned, acknowledge and fully understand that Golden Gate Wrestling Club activities and the sport of wrestling in general have inherent dangers that no amount of care, caution, training, instruction, supervision, or expertise can eliminate. These inherent dangers include risks of serious injury, fractures, sprains, strains, contusions, dislocations, abrasions, infections, skin problems, bleeding, eye injuries, brain injuries, permanent, temporary, total or partial disability, disfigurement, paralysis and other losses to person or property, including death.

I understand that severe social and economic losses may result not only from my own action, inaction, or negligence, but also from the actions, inaction or negligence of others notwithstanding the rules of play of the condition of the premises or of any equipment used. I acknowledge and fully understand that the sport of wrestling requires extreme physical exertion which can place significant stress on my cardiovascular system, and other body functions, and that this stress may result in life-threatening medical emergencies or other risks of serious harm including permanent, temporary, total or partial disability, disfigurement, paralysis and any other losses to person or property, including death.

I further acknowledge and fully understand that there may be other associated risks with such activities that are not known or not reasonably foreseeable at this time. I further acknowledge and fully understand that I must follow carefully all of the guidelines given by the coaching staff and vent organizers regarding training rules, safety procedures, proper use of equipment, legal and safe playing techniques and any and all other safety procedures. I understand that even in if all the above is done, I may still incur injury through participation in wrestling.

On behalf of myself, my heirs and next of kin, personal representatives, agents, insurers, successors, and assigns (all hereinafter "Releasors"), I hereby EXPRESSLY AND VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH WRESTLING AND FOREVER RELEASE, DISCHARGE, AND COVENANT NOT TO SUE THE GOLDEN GATE WRESTLING CLUB, its coaches, its members, its insurers, its administrators, its agents, its directors, its officers, its volunteers, its employees, and any and all participants, officials, referees, coaches, host clubs, sponsoring agencies, sponsors, and if applicable owners, lessors, and operators of premises used to conduct any Golden Gate Wrestling Club event, practice, meet, or activity (all hereinafter "Releasees"), from any and all liabilities, claims, demands, causes of action or losses of any kind or nature, past, present or future, direct or consequential that Releasor may hereafter have for PERSONAL INJURY, PERMANENT, TEMPORARY, TOTAL OR PARTIAL DISABILITY, DISFIGUREMENT, PARALYSIS AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY OR DEATH, arising out of my participation in, attendance at, preparation for, or traveling to or from any Golden Gate Wrestling club event or activity including, but not limited to, LOSSES CAUSED BY THE PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES, or hidden, latent, or obvious defects in the facilities or equipment used.

**I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTAND THE ABOVE STATEMENT.
I ASSUME ALL RISKS ASSOCIATED WITH WRESTLING.**

Participant Signature _____ Date ____/____/____

Print Name _____ Date of Birth ____/____/____