

Northern Michigan University Weightlifting Club

ACKNOWLEDGMENT AND ASSUMPTION OF RISK AND RELEASE:

I (*print name here*), _____, know that participation in the *Northern Michigan University Weightlifting Club* is an activity that may involve significant risk of serious personal injury, death or property damage. I fully acknowledge that the following describes some, but not all, of those risks 1) falling, 2) hand injuries, 3) shoulder injuries, 4) leg injuries, 5) lacerations, 6) neck and spine injuries, and 7) participant's sense of balance, physical coordination and the ability to follow directions. I also know that there are natural, mechanical, equipment and environmental conditions and risks which independently or in combination with my activities may cause property damage or severe or even fatal injuries to me or others.

I agree that I am alone responsible for: My safety while participating in the *Northern Michigan University Weightlifting Club*, which include, but is not limited to: (A) **strictly** following all safety instructions given by the organizers, (B) being physically and mentally capable of physical activity, and (C) stopping and notifying the organizers any time I feel short of breath, dizzy or physically uncomfortable while participating.

I hereby **RELEASE and DISCHARGE**, in advance, the following persons or entities including Northern Michigan University (NMU) and the U.S. Olympic Training Site (NMU-OTS), its clubs, members or officials, or any other person such as any agent, representative, officer, director, employee, member or affiliate of any person or entity named above from any liability whether, known or unknown, even that liability which may arise out of negligence or carelessness on the part of persons or entities mentioned above. I agree to accept all responsibilities for the risks, conditions, and hazards, which may occur whether they be known or unknown. Being fully aware of the risks, conditions, and hazards of the proposed activity as a participant in the *Northern Michigan University Weightlifting Club*, **I HEREBY AGREE TO WAIVE, RELEASE AND DISCHARGE** any and all claims for damages for death, personal injury or property damage which I may have or which may hereafter accrue to me as a result of any participation in the *Northern Michigan University Weightlifting Club*, against any person or entity identified above whether such injury or damage was foreseeable or not, including any such claims regarding the design or condition of any equipment utilized by me without regard to whether such equipment is specified or recommended by such persons or entities identified above.

I further agree to forever **HOLD HARMLESS and INDEMNIFY** all persons and entities above, generally and specifically, from any and all liability for death, personal injury or property damage, resulting in any way from my participation in the *Northern Michigan University Weightlifting Club*.

I agree that I am physically and mentally able and willing to participate and I accept and abide by the rules and instructions (*rules on reverse side*) given to me by the organizers and any other rules or regulations imposed by NMU or the NMU-OTS. This Acknowledge and Assumption of Risk and Release shall be binding upon my heirs and assigns.

Signature: _____ Today's Date: ____/____/____
 Address: _____ City: _____ Zip: _____
 Emergency Contact: _____ Phone: () _____

IF UNDER 18 YEARS OF AGE, PARENTAL/GUARDIAN SIGNATURE REQUIRED

By signing this Acknowledgment of Risk and Release as Parent/Guardian, I am consenting to the individual's participation in the Northern Michigan University Weightlifting Club and acknowledge that the above named person is physically and mentally fit. I understand that any and all risk whether known or unknown is expressly assumed by me and all claims, whether known or unknown, are expressly waived in advance.

Signature of Parent/Guardian _____ Date ____/____/____
 (If competitor is under 18 years old)
 Witness _____