

# IG\_EXPLOSIVENESS

## Release and Waiver of Liability and Indemnity Agreement

In consideration of being permitted to participate in any way in the IG\_Explosiveness program, an athletic training program on Instagram, I personally, or as the parent(s) and/or legal guardian(s) of the minor participant named on my/our registration form, understanding by checking the CONSENT box below to be digitally signing this Waiver and Release, agree :

1. To inspect the facilities and equipment to be used before each session, (the parent(s) and/or legal guardian(s) of all minor participants will instruct minor participant(s) that prior to participating in the IG\_Explosiveness activity/event, he or she should inspect the facilities and equipment to be used), and if he or she believes anything is unsafe, the participant should refuse to participate. I understand and agree that, if at any time, I feel anything to be UNSAFE; I will immediately take all precautions to avoid the unsafe area and/or activity and REFUSE TO PARTICIPATE further.

2. I/We fully understand and acknowledge that:

(a) There are risks and dangers associated with participation in the IG\_Explosiveness program, which could result in bodily injury partial and/or total disability, paralysis, and death.

(b) The social and economic losses and/or damages, which could result from these risks and dangers described above, could be severe.

c) These risks and dangers may be caused by the action, inaction or negligence of the participant or the action, inaction or negligence of others, including, but not limited to, the Releasees listed on this registration form.

(d) There may be other risks not known or are not reasonably foreseeable at this time.

3. I/We accept and assume such risks and responsibility for the losses and/or damages following such injury, disability, paralysis, or death, however caused and whether caused in whole or in part by the negligence of the Releasees listed on this registration form.

4. I/WE HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE Guy Waltman, including any of Guy Waltman™'s business partners, managers, promoters, owners and leasees of premises used to conduct the IG\_Explosiveness sessions, premises and event inspectors, underwriters, consultants and others who give recommendations, directions, or instructions to engage in risk evaluation or loss control activities regarding the IG\_Explosiveness affiliated facility or events held at such facility and each of them, their directors, officers, agents, employees, all for the purposes herein referred to as Releasee... FROM ALL LIABILITY TO THE UNDERSIGNED, my/our personal representatives, assigns, executors, heirs and next of kin FOR ANY AND ALL CLAIMS, DEMANDS, LOSSES OR DAMAGES AND ANY CLAIMS OR DEMANDS THEREFORE ON ACCOUNT OF ANY INJURY, INCLUDING BUT NOT LIMITED TO THE DEATH OF THE PARTICIPANT OR DAMAGE TO PROPERTY, ARISING OUT OF OR RELATING TO THE EVENT(S) CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEE OR OTHERWISE.

5. I/WE HEREBY acknowledge that THE ACTIVITIES OF THE EVENT(S) ARE VERY DANGEROUS and involve the risk of serious injury and/or death and/or property damage.

6. EACH OF THE SIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.

7. I personally, or on behalf of the participant and minor individual, the signed partner(s) and/or legal guardian(s) for the minor participant, execute this Waiver and Release. If, despite this release, the participant makes a claim against any of the Releases, the parent(s) and/or legal guardian(s) will reimburse the Releasee for any money, which they have paid to the participant, or on his/her behalf, and hold them harmless.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY AGREEING TO THESE TERMS VIA THE "CONSENT" CHECK BOX BELOW BEFORE SUBMISSION OF SAID ONLINE FORM, AND HAVE AGREED TO IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY CHECKING OF THE "CONSENT" BOX TO SERVE AS MY SIGNATURE AND TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.