

Participant Waiver and Release of Liability

Applicable to Brazilian Jiu-Jitsu and Muay Thai Programs at Gracie Barra Lake Country

Acknowledgment of Risk

I understand that participation in martial arts, including Brazilian Jiu-Jitsu and Muay Thai, involves inherent risks of physical injury, including but not limited to strains, sprains, fractures, head injuries, concussions, and in rare cases, more serious injuries or death. These risks may also arise from equipment malfunction, inadequate safety measures, or the actions of other participants.

I ACKNOWLEDGE AND ACCEPT these risks and all other risks arising from my voluntary participation in any classes, training, events, seminars, demonstrations, or other programs offered by Gracie Barra Lake Country, both on and off-site.

Assumption of Responsibility

I understand that it is my sole responsibility to ensure that I am physically and emotionally fit to participate in any program offered. I agree to follow all safety guidelines, rules, and instructions provided by the academy's staff, coaches, and instructors.

If at any time I feel unwell, unfit, unsafe, or sense any unusual hazard or condition, I will immediately remove myself from participation and notify an instructor or staff member.

Release and Waiver of Liability

I hereby **WAIVE, RELEASE, AND DISCHARGE** Gracie Barra Lake Country, its owners, officers, directors, instructors, employees, volunteers, agents, successors, assigns, and affiliates ("Released Parties") from any and all liability for any personal injury, illness, death, property damage, or loss ("Losses") that I may suffer or sustain while on the premises or participating in any program or event, regardless of cause, including but not limited to negligence, gross negligence, equipment failure, or any other act or omission of the Released Parties.

Indemnification

I further agree to **PROTECT, DEFEND, INDEMNIFY, AND HOLD HARMLESS** the Released Parties from any and all claims, demands, actions, damages, losses, costs, or expenses (including legal fees), arising out of or in any way connected with my participation in any program, event, or use of the facilities, whether caused by my actions or those of others.

COVID-19 and Infectious Disease Addendum

As an addendum to this Waiver and Release of Liability, I understand and agree to the following terms regarding communicable diseases, including COVID-19: By entering Gracie Barra Lake Country, I **acknowledge the contagious nature of respiratory illnesses such as COVID-19**, and voluntarily assume the risk that I may be exposed to or infected by such illnesses while on the premises or through participation in training sessions.

While Gracie Barra Lake Country maintains enhanced sanitation and safety protocols, I understand that such exposure may result from the actions, omissions, or negligence of myself or others. I fully accept all known and unknown risks, including the risk of illness, serious complications, or death.

Symptoms of COVID-19 may include but are not limited to: fever, coughing, shortness of breath, loss of taste or smell, fatigue, muscle aches, or more severe outcomes like pneumonia, stroke, or death.

I agree to **not hold Gracie Barra Lake Country or any of its affiliates liable** for any actual or perceived symptoms, conditions, or illnesses related to COVID-19 or other infectious diseases arising out of my participation, regardless of fault.

Acknowledgment and Agreement

I confirm that I have read this waiver and understand its contents. I am aware that by signing this document, I am **waiving certain legal rights**, including the right to sue the Released Parties. I do so freely and voluntarily.

Participant Name: _____

Signature: _____

Date: _____

(If under 18 years of age, parent or legal guardian must sign below.)

Parent/Guardian Name: _____

Signature: _____

Date: _____