

FOUNDRY BEDFORD

Unit 1 Swan Works, Box End Road, Bromham, Bedford

OLYMPIC WEIGHTLIFTING COMPETITION — 4th OCTOBER 2026

COMPETITOR WAIVER, RELEASE OF LIABILITY, ASSUMPTION OF RISK AND MEDICAL CONSENT

1. Acknowledgement of Risk

I understand that Olympic Weightlifting, and participation in a competitive weightlifting event, involves inherently strenuous physical activity performed under maximal or near-maximal loads. I acknowledge that this activity carries a real risk of injury, which may include, but is not limited to, muscle strains and tears, ligament and tendon damage, joint injury, dropped-barbell impact injury, spinal injury, concussion, cardiovascular events, and in rare cases permanent disability or death.

I confirm that I am voluntarily participating in this competition in the knowledge that it may be hazardous to myself and to my property. I am aware of the risks involved and I hereby agree to accept and assume any and all risks of injury, illness, disability, death, or property damage.

2. Fitness to Compete

- I confirm that I am medically fit and adequately trained to take part in this competition.
- I have no known medical condition that could increase the risk of injury to myself or others as a result of my participation.
- I have declared any relevant medical conditions, injuries, allergies, or medications in the section below.
- I understand that it is my responsibility to consult a doctor before competing if I have any doubt regarding my fitness to do so.

3. Release and Waiver of Liability

In consideration of being permitted to participate in this competition, I, for myself, my heirs, executors, administrators, and assigns, hereby release, waive, discharge, and covenant not to sue Foundry Bedford, its owners, coaches, officials, volunteers, employees, and agents (collectively, the "Organisers") from any and all liability, claims, demands, actions, or causes of action arising out of or related to any loss, damage, or injury, including death, that may be sustained by me while participating in this competition, or while on the premises at which it is being conducted.

This release does not apply to loss, damage, or injury caused by the gross negligence or wilful misconduct of the Organisers, and nothing in this waiver excludes or limits liability for death or personal injury caused by negligence to the extent such exclusion is not permitted by law.

4. Rules, Equipment and Conduct

- I agree to abide by all rules and instructions issued by the Organisers and officiating judges throughout the competition.
- I agree to use all equipment safely and only for its intended purpose, and to report any damaged or unsafe equipment immediately to a member of staff.
- I understand that the Organisers reserve the right to remove any competitor from the event whose