



ATHLETE'S AND PARENT/GUARDIAN PARTICIPATION AGREEMENT WAIVER OF LIABILITY AND INDEMNIFICATION

To be signed by Athlete.

To be signed by both Athlete and by parent/guardian if the Athlete is under 18 years of age.

Acknowledgement and Assumption of Risk:

The undersigned acknowledges the dangers and risks associated with participating in The Rugby Guyd's programmes, including Position Specific programs and Strength and Conditioning programmes.

Participation in these programmes involves certain risks for physical injury. Rugby is a high-contact sport with inherent risks, including concussions, sprains, fractures, and other serious injuries. The undersigned agrees to comply with all applicable laws, policies, rules, regulations, and recommended instructions.

The undersigned acknowledges that the Athlete voluntarily elects to participate in these activities with knowledge of the dangers involved and accepts and assumes all risks of personal injury or death.

Waiver of Liability and Indemnification:

In consideration for being allowed to voluntarily participate in the below-referenced programmes, on behalf of myself, the Athlete, his/her personal representatives, heirs, next of kin, successors, and assigns, the undersigned forever:

- (a) Waives, releases, and discharges The Rugby Guyd (Pty) Ltd, its associated partners, sponsors, and employees from any and all liability for the Athlete's death, disability, personal injury; and
- (b) Defends, indemnifies, and holds harmless The Rugby Guyd (Pty) Ltd, its associated partners, sponsors, and employees from any and all claims of any nature, including all costs, expenses, and attorney's fees, which may result from or arise out of this agreement.

Position Specific Programmes:

Our position-specific training programmes include videos featuring professional players. These videos provide educational content on the various rugby positions and required skills. The undersigned acknowledges that the Athlete voluntarily participates in these activities with knowledge of the risks and accepts and assumes all associated risks.

Strength and Conditioning Programmes:

Our strength and conditioning programmes enhance physical attributes necessary for rugby, involving rigorous physical activities that carry inherent risks of injury. The undersigned acknowledges that the Athlete voluntarily participates in these activities with knowledge of the risks and accepts and assumes all associated risks.

Medical Assessment Recommendation:

We strongly recommend participants undergo a pre-medical assessment before beginning any exercise programme, including those provided through our position-specific and strength and conditioning programmes, to ensure suitable health for undertaking the exercises and activities recommended.



Voluntary Participation:

By participating in these training programmes, you assume all risks associated with the activities. These risks may also exist for those currently in good health. You understand that any form of exercise programme can cause injuries, and our programmes are no exception. It is possible that you may become injured doing the exercises in your programme, especially if they are done with poor form, despite thorough instruction being included for each exercise.

Health and Medical Disclaimer:

The information provided in the Strength and Conditioning Programmes is not intended to offer specific physical or mental health advice and should not be relied upon as such. We are not medical professionals, and nothing provided should be misconstrued otherwise. There may be risks associated with participating in our programmes for individuals in poor health or with pre-existing conditions. You should not participate if you are in poor health or have a pre-existing condition. If you choose to participate, you do so voluntarily, assuming all associated risks, even if you are currently in good health.

Exercise programmes carry certain health and safety risks, including the potential for injury. Injuries can occur, especially if exercises are performed with poor form, despite thorough instruction. We strongly advise all participants to undergo a pre-participation medical assessment to ensure they are fit to engage in our activities.

Affirmation:

I, the undersigned, affirm that I am freely signing this agreement. I have read this form and fully understand that by signing this form I am giving up legal rights and/or remedies which may otherwise be available to myself regarding any losses the Athlete may sustain as a result of participation in The Rugby Guyd's Programmes. I agree that if any portion is held invalid, the remainder will continue in full legal force and effect.

Name of Athlete: _____ Date of Birth: _____

Athlete's signature: _____ Date: _____

If Under 18,

Name of Parent/Guardian: _____

Signature of Parent/Guardian _____ Date: _____