

## 2021 USA WEIGHTLIFTING MEMBERSHIP WAIVER

In consideration of my participation in any USA Weightlifting program, I acknowledge that I understand the nature of the activity and that I, and/or my minor child, am qualified, in good health, and in proper physical condition to participate in such activity. I fully understand that weightlifting involves risk of serious bodily injury, including permanent disability, paralysis, and death, and that these and other risks may be caused by my own actions, or inaction, those of other participating in the event, the conditions in which the event takes place, or the negligence of the Releases named below, and that there may be other risks either not known to me or not foreseen at this time and I fully accept and assume all such risks and all responsibility for losses, costs and damages I incur as a result of my participation in the activity. I hereby release, discharge and covenant not to sue USA Weightlifting, their respective administrators, directors, agents, officers, volunteers and employees and any sponsors and advertisers of any USAW sanctioned event in which I participate (each considered one of the Releases herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releases. This release, waiver of liability and express assumption of risk agreement does not apply to any liability, claims, demands, losses or damages arising out of the gross negligence of or intentional, willful or wanton misconduct of Releases. If I or anyone on my and/or my minor child's behalf makes a claim against any of the Releases, I will indemnify, defend, save and hold harmless each of the Releases from any loss, liability, damage or cost which may incur as a result of such claim. I acknowledge that I have read this release, waiver of liability and express assumption of risk agreement and fully understand it.

I, a prospective or current member of USA Weightlifting, agree to abide by and be bound by the applicable USA Weightlifting Bylaws, Operating Regulations, Code of Conduct and Competition Rules and the safe sport rules, policies and procedures promulgated by the U.S. Center for Safe Sport as they may be amended from time to time. I agree to be subject to the jurisdiction of the U.S. Center for Safe Sport and agree that any sanctions imposed by the Center extend to my participation in all USA Weightlifting events or activities and may be posted publicly and include information regarding the misconduct involved.

I understand and agree that the IWF Anti-Doping Policy, USOC Anti-Doping agency protocol for Olympic and Paralympic Testing (USADA Protocol) and all other policies and rules adopted by the IWF, USADA, and USOPC apply to me and that it is my responsibility to comply with those rules. I agree to submit to drug testing and understand that the use of methods or substances prohibited by the applicable anti-doping rules would make me subject to penalties including, but not limited to, disqualification and suspension. If it is determined that I may have committed a doping violation, I agree to submit to the results management authority and processes of USADA, including arbitration under the USADA Protocol, or to the results management authority of the IWF and/or my national federation, if referred by USADA.