

INFORMED CONSENT AND LIABILITY WAIVER

In consideration of being allowed to participate in the activities and workouts by Masters New Zealand, (hence known in this document as MNZ) and/or under the control of MNZ, in addition to the payment of any fee or charge, I hereby waive, release and forever discharge MNZ from any and all responsibility or liability for injuries or damages resulting from my participation in any activities or my use of equipment or facilities in the abovementioned activities to the maximum extent permissible by New Zealand law.

I understand and I am aware that strength, flexibility and aerobic exercise, including the use of equipment are potentially hazardous activities. I also understand that exercise and fitness activities involve a risk of injury and even death. In particular, I acknowledge and agree that the athletic activities I will be participating in require a high degree of effort, are designed to be high intensity, and are intended to challenge my cardiovascular endurance, stamina, strength, flexibility, power, speed, agility, accuracy, balance and coordination. I acknowledge and agree that I am voluntarily participating in these activities and using equipment with the knowledge of the dangers involved. I understand that although MNZ will take steps to reduce the risks and increase the safety of all athletic activities, it is not possible for MNZ to make these athletic activities completely safe. I also acknowledge that I am personally responsible for my preparation prior to athletic activities, my concentration and attention during these athletic activities, and for my post activity rest and recovery.

I confirm that I have and will continue to honestly represent my level of fitness, health, nutrition, use of medication, medical history, and current physical, mental, and medical condition to MNZ. I understand that MNZ is not able to and will not provide me with medical advice with regard to any medical conditions I may have and that the information I provide to it is used only as a guideline to the limitations of my ability to exercise. I hereby declare myself to be physically sound and suffering from no condition, impairment, disease or infirmity or other illness (other than those declared on this form) that would prevent my participation or use of equipment or facilities.

I acknowledge that I have either had a physical examination and have been given my doctor's permission to participate, or that I have decided to participate in activity and use of equipment and machinery without the approval of my doctor and do hereby assume all responsibility for my participation and activities, and utilization of equipment and machinery in my activities.

I confirm that I will learn and obey the rules and regulations of MNZ, and that I will follow the instructions and directions of MNZ during athletic activities. I will also inform MNZ immediately should I feel pain, discomfort, fatigue, nausea or other symptoms that I may suffer during and immediately after athletic activities. I consent to receiving first aid and medical treatment by a first aid professional in the event of an accident, injury or illness during athletic activity.

Strictly no refunds after purchase of entry into Masters New Zealand 2021 unless A medical certificate regarding inability to compete is produced. Purchase of entry will be refunded prorate as follows:

- greater than 14 (fourteen) days a refund will provided minus \$5 administrators fee of event starting April 5th 2021
- With 7 (seven) days 50% refund will be refunded minus \$5 administrators fee of event starting April 5th 2021

I agree that this agreement and any rights, duties and obligation as between the parties to this agreement shall be governed by and interpreted solely in accordance with the laws of New Zealand. I confirm that I am over the full age of eighteen (18) years and that I have read this agreement/waiver prior to signing it and that I understand it.

Signed by: Date: