

WAIVER, RELEASE OF LIABILITY, COVENANT NOT TO SUE & IMAGE RELEASE

In consideration of my ("I," "my," or "myself") and/or, on behalf of my child/ward's (each a "Ward"), participation as a competitor, volunteer (or other staff member), and/or spectator (any of the foregoing, a "Participant") in the OCR European Championships 2025 event (hereinafter referred to as the "Event"), I, on behalf of myself and my Ward, acknowledge, accept, and agree to the following:

A. Acknowledgment of Risks

The risk of serious injury and/or death from participating in the Event as a Participant is significant and may include, without limitation: **drowning; near-drowning; sprains; strains; fractures; heat and cold-related injuries (including burns, heat-related illnesses, and hypothermia); overuse syndrome; injuries caused by other Event participants, vehicles, or equipment; animal bites and/or stings; contact with poisonous plants; accidents involving paddling, climbing, biking, hiking, skiing, snowshoeing, or traveling by boat, truck, car, or other means; falling from heights; heart attacks; illnesses caused by exposure to contaminated water or slurry; diseases or illnesses (including COVID-19 or other diseases caused by the SARS-CoV-2 virus) through exposure to other Participants or Releasees (as defined below); permanent paralysis; and/or death.** While rules, equipment, and personal discipline may reduce risks, the possibility of serious injury or death remains.

B. Assumption of Risks

AFTER THE OPPORTUNITY TO FULLY INFORM MYSELF ABOUT THE EVENT, I, on behalf of myself and my Ward, **KNOWINGLY, VOLUNTARILY, AND FREELY ASSUME ALL SUCH RISKS**, both known and unknown, even if arising from the negligence or acts/omissions of the Releasees, as defined herein. I assume full responsibility for myself and/or my Ward's participation in the Event.

C. Compliance and Hazard Reporting

I knowingly and voluntarily agree to comply with all customary terms and conditions provided to me for participation in the Event. If I observe any unusual or significant hazards during the Event, I will remove myself and/or my Ward from participation and notify an Event official.

D. COVID-19 Acknowledgment

By signing this Waiver, I acknowledge the contagious nature of SARS-CoV-2 (the "novel coronavirus") and voluntarily assume the risk of exposure or infection through participation in the Event. I understand such exposure may result in injury, illness, disability, or death.

I agree to comply with all COVID-19-related safety protocols, including:

- Maintaining 1.5 meters of social distancing;
- Wearing appropriate face masks;
- Frequently washing hands or using hand sanitizer.

I further agree not to attend the Event if:

- I or my Ward test positive for COVID-19;
- I or my Ward exhibit symptoms of COVID-19;
- I or my Ward have been in close contact with a confirmed case of COVID-19.

E. Waiver and Release of Liability

To the fullest extent permitted by law, I, on behalf of myself and/or my Ward, our heirs, assigns, personal representatives, and next of kin, hereby:

- **ASSUME FULL RESPONSIBILITY FOR PARTICIPATION IN THE EVENT;**
- **RELEASE, DISCHARGE, AND COVENANT NOT TO SUE FPOCR –** Federação Portuguesa de Corridas de Obstáculos – APD, its officers, directors, employees, contractors, representatives, agents, affiliates, and any other entities involved in the Event, including but not limited to **private companies, public organizations, government agencies, non-profits, associations, partnerships, trusts, educational institutions, or individuals (collectively, the “Releasees”).**

F. Medical Consent and Release

I consent to emergency medical treatment if required and release the Releasees from liability for administering such treatment.

G. Event Modifications and Refunds

The Releasees reserve the right to postpone, cancel, or modify the Event due to factors beyond their control, including weather. No refunds will be provided for cancellations.

H. Image and Likeness Release

I grant the Releasees the irrevocable right to use Participant's name, image, likeness, and voice for promotional purposes without compensation.

I. Agreement for Elite Participants

For participants competing for cash prizes: **I consent to drug testing as required and release the Releasees from liability associated with such testing.**

J. Severability

If any provision of this Waiver is deemed invalid, the remaining provisions remain in full force and effect.