

Benching for Breast Cancer
Strength and Conditioning, College of the Holy Cross
1 College St, Worcester MA 01610
(508) 793-2313

PLEASE READ CAREFULLY...WAIVER MUST BE SIGNED BY PARTICIPANT; PARENT OR LEGAL GUARDIAN OF PARTICIPANT MUST ALSO SIGN IF UNDER 18 YEARS OF AGE.

In consideration of my participation in the Benching for Breast Cancer fundraising event, I acknowledge that I understand the nature of the event that I, and/or my minor child, am qualified, in good health, and in proper physical condition to participate in the activity. I fully understand that weightlifting involves serious bodily injury, including permanent disability, paralysis, and death. I understand that these and other risks may be caused by my own action, or inaction, those of others participating in the event, the conditions in which the event takes place, or the negligence of the Releasees named below. I also acknowledge that there may be other risks either not known to me, or unforeseen at this time, and I fully accept and assume all such risks and all responsibility for losses, cost and damages I incur as a result of my participation in the Benching for Breast Cancer event.

I, _____ (participant), hereby release, waive, discharge and covenant not to sue the College of the Holy Cross, the Holy Cross Athletic Department, Jeffrey Oliver, Jeremy Frisch, the State of Massachusetts, their respective administrators, directors, agents, officers, volunteers and employees, or any sponsors and advertisers associated with the event, for any liability, claim and/or cause of action arising out of or related to any loss, damage or injury, including death, that occurs as a result of my participation in the above described activities. I further agree that this Release will bind the members of my family, if I am alive, and my personal representatives, if I am deceased, and shall be deemed as a Release, Waiver, Discharge and Covenant not to sue any of the above mentioned Releasees.

By signing this Release and Waiver of Liability, I state that I have read and understand the conditions set forth in this release and that I agree to all conditions set forth herein, and that I sign this voluntarily.