

Nostos MMA

Mixed Martial Arts and Conditioning Facility

Waiver and Release of Liability

Nostos MMA is committed to conducting activities in a safe manner and holds the safety of its participants in the highest regard. Therefore it is expected that all participants adhere to all safety rules, regulations, and instructions at all times. Participants and/or parents/guardians of minors participating in programs provided at Nostos MMA must recognize that there is an inherent risk of physical injury, impairment, or in an extreme case, death. You, the undersigned are responsible for determining whether or not yourself or your minor child are physically fit and/or adequately skilled to participate in programs and activities contemplated in this agreement and it is advisable to consult with your physician before undertaking a new physical activity.

Please read this form carefully and be aware that by signing up and participating in activities and/or programs provided at Nostos MMA you will be expressly assuming the risk and legal liability of any injury incurred during said participation. By signing this form you are waiving and releasing all future claims for injuries, damages, or loss of life for yourself and or your minor child/ward which may result from your and/ or your child/ward's participation in programs or activities provided at Nostos MMA.

I recognize and acknowledge that there are certain risks of physical injury to participants in the activities conducted at Nostos MMA and voluntarily agree to assume the full risk of any and all injuries, damages, or loss, regardless of the severity, that I or minor child/ward may sustain as a result of said participation. I further agree to relinquish all claims that myself or minor child/ward have or may accrue as a result of participating in these programs/activities against Nostos MMA to include all owners, heirs, officials, agents, any and all members to include, volunteers, employees, and venues.

I have read and fully understand the above information, warning of risk, assumption of risk, and waiver and release of all claims.

PLEASE PRINT Participant's Name

Participant's Signature

PLEASE PRINT Parent/guardian's Name

Signature of Parent/guardian if under 18 Years

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Date -----
