



ATHENS THROWDOWN Waiver, Consent & Liability Release Form

The acceptance of the present Waiver, Consent & Liability Release Form is required for the participation in Athens Throwdown 2023 (Licenced CrossFit® Event). Please read it carefully as it affects your legal rights.

Express assumption of risk: I agree and acknowledge that there are significant risks involved in all aspects of the Athens Throwdown 2023. These risks may include, but are not limited to: falls which can result in serious injury or death, injury or death due to negligence on the part of myself, or other people around me, injury or death due to improper use or failure of equipment, any serious personal injury or health deterioration (i.e. musculoskeletal, cardiovascular, neurological etc.) or any risk of property damage. I agree and acknowledge that any of these above-mentioned risks may result in serious injury or death to me. I affirm that I am informed and fully aware of the risks of rhabdomyolysis as set out in relevant articles on rhabdomyolysis which have been published in the CrossFit® Journal. I acknowledge that Athens Throwdown, Volume Up, CrossFit LLC and/or Hellenic Public Properties Company (HPPC) S.A. are not liable and shall not be held liable in case of any injury or death or damage of property due to malfunction and/or botchery of the venue.

I willingly and expressly assume full responsibility for the risks that I am exposing myself to and accept full responsibility for any injury, damage or death that may result from the participation in or attendance at the Athens Throwdown 2023. I have no physical impairments or illnesses that will endanger myself or others and I do not suffer from any health condition which may be aggravated by participating in Athens Throwdown 2023.

Termination: Athens Throwdown expressly reserves the right to disqualify and/or terminate the participation of any athlete, staff, judge, volunteer, or spectator's participation in Athens Throwdown 2023 at any time, with no further obligation or duty to such athlete, staff, judge, volunteer and/or spectator and without any compensation or indemnification. Reasons for disqualification may include, BUT ARE NOT LIMITED TO, any of the following non-exhaustive examples: taunting another competitor or displaying any other unsportsmanlike behavior, any actions or omissions that evince an intent to cheat, violate, breach or circumvent the rules or intent of the Rules of the Athens Throwdown, any conduct in violation of the Greek Law, and any conduct which would bring disrepute upon Athens Throwdown, Volume Up and/or CrossFit LLC in the eyes of the viewing public. I acknowledge that this list is not exclusive or exhaustive and is meant as a guideline to competitors without imposing any limitations on Athens Throwdown's rights to run the event in the manner it sees fit.

Release: In consideration of being allowed to participate in or attend Athens Throwdown 2023, I hereby release Athens Throwdown, Volume Up, CrossFit LLC, their principals, agents, employees, sponsors, judges and volunteers from any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my participation in or attendance at Athens Throwdown 2023, including those allegedly attributed to the negligent acts or omissions of the above mentioned parties. Furthermore, I hereby release Athens Throwdown, Volume Up, CrossFit LLC, their officers, employees, and agents from all and any legal responsibility and/or liability regarding the release of any information and/or record, as authorized by this Form. I fully and forever waive, release, and discharge the aforementioned parties completely from any claims, demands, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated or unanticipated, related to my participation in Athens Throwdown 2023.

This agreement shall be binding upon me, my successors, next of kin, representatives, heirs, executors, assigns, or transferees.

If I am agreeing on behalf of a minor child, I also give full permission for any person connected with Athens Throwdown to administer first aid and/or any medical treatment deemed necessary, and in case of serious illness or injury, I give permission to call for medical and/or surgical care for the child and to transport the child to a medical facility deemed necessary for the wellbeing of the child.



Images/Videos: I hereby grant Athens Throwdown, Volume Up, CrossFit LLC and all persons or legal entities authorized by them, the permission to photograph, record, broadcast and otherwise exploit any pictures or videos/movies of me and publish them on their website and/or use the on any other promotional and educational materials without compensation or remuneration. The use of images and videos/movies obtained by me will not be used for any commercial purpose without prior written consent of Athens Throwdown is strictly prohibited.

Medical Information: I expressly consent to receive first aid and/or any medical treatment deemed necessary by any medical staff in the event of an injury, accident or illness incurred during my participation in or attendance at the Athens Throwdown 2023. I acknowledge that Athens Throwdown, Volume Up and CrossFit LLC are not obliged to provide such medical treatment in any way.

As a participant of the Athens Throwdown 2023, I hereby understand the interest in athlete injuries to members of the public and the viewing audience, and I therefore expressly consent to allow only the minimum necessary injury information to be released to accomplish the intended purposes. That is, to inform the public of my ability to continue in the competition or if it might impact my ability to continue. I hereby authorize the athletic medical staff and trustees of Athens Throwdown to use my medical information for my personal well-being and safety and the safety of others.

Indemnification: I acknowledge and comprehend the risks involved in the activities offered by Athens Throwdown. I therefore assume financial responsibility and accept liability for any injury that I may cause to myself and/or for any injury or death that I may cause to others and/or for any damage to property caused by me. In the event that Athens Throwdown, Volume Up, CrossFit LLC, or anyone acting on their behalf, are required to incur attorney's fees and costs for the enforcement of this agreement or for any claim related to my participation in the Athens Throwdown 2023, I will reimburse them for such fees and costs. I agree to indemnify and hold harmless Athens Throwdown organizing committee, Volume Up, CrossFit LLC, their principals, agents, employees, sponsors, staff, judges, and volunteers from any liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission or my breach of the Rules of Athens Throwdown 2023 during my participation in the Athens Throwdown 2023.

Severability: In the event that any provision of this Agreement is deemed unenforceable in whole or in part for any reason, the remainder of that provision and of the entire Agreement shall continue in full force and remain in effect according to the terms and conditions set herein.

Law - Jurisdiction: This Agreement shall be governed by and construed under Greek Law. All disputes or conflicts arising out of this Agreement or in any way connected with the terms hereof shall be subject to the exclusive jurisdiction of the competent Courts of Athens, Greece.

I have read carefully and understood the foregoing. I understand that by accepting this Form, clicking the respective box and signing online, I am waiving valuable legal rights.

By participating in Athens Throwdown 2023 I UNDERSTAND AND ACCEPT all the rules and agreements of the event and I also acknowledge that I have read and AGREE with everything contained herein.