

**COMMERCIAL GENERAL LIABILITY**

This endorsement changes the policy. Please read it carefully.

**AMATEUR ATHLETIC  
WAIVER AND RELEASE OF LIABILITY**

In consideration of being allowed to participate in any way in American Volkssport Association volkssporting programs and related events and activities, the undersigned:

- 1. Agrees that before or during my participation, if I believe anything is unsafe, I will immediately advise the event supervisor or other person in authority at the volkssporting program and the related events and activities of such conditions and refuse to participate.
- 2. Acknowledges and fully understands that each participant will be engaging in activities that could involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from my own actions, inactions or negligence of others, or the condition of the premises, the trail or any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time;
- 3. Assumes all the foregoing risks and accept personal responsibility for the damages following injury, permanent disability or death;
- 4. Release, waive, discharge and promise not to sue the American Volkssport Association, its affiliated clubs, their respective administrators, directors, agents, or other volunteers and employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and leasers of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise.

THE UNDERSIGNED HAS READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY. I FURTHER UNDERSTAND THAT IF I PLACE MY NAME ON THE FORM UPON WHICH THIS WAIVER AND RELEASE IS PRINTED, THAT I VOLUNTARILY AGREE THAT I UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS.

PRINTED NAME

SIGNATURE

DATE