



Assumption of Risk – Waiver of Liability – Indemnification Agreement (READ BEFORE SIGNING)

The State Games of America (hereafter referred to as **SGA**) is a multi-sport, Olympic-style event that welcomes athletes regardless of age or ability. The Games embody the values of participation, sportsmanship, and healthy living among residents of the state of Virginia. SGA makes available more than 30 games and activities that may be loosely categorized as 1- Team Sports (such as basketball, lacrosse, rugby, and volleyball), 2- Individual Sports (such as archery, disc golf, shooting, track & field), 3- Combative Activities (such as boxing, fencing, and taekwondo), 4- Water-related Sports (such as diving, wakeboarding, and rowing), and 5- Racing Activities (such as 5k, BMX, and mountain biking). Some of the many benefits the participant gains from competing in his or her chosen activity include physical fitness, fun & enjoyment, teamwork, opportunity to compete, better health, weight maintenance, social interaction, building friendships, and involvement in wholesome recreation. The required physical exertion ranges from mild to very strenuous, depending upon the activity and the motivation of the participant; the required skill level ranges from moderate to highly skilled, depending upon the activity; and the competitiveness of the activity ranges from moderate to highly competitive. Most fitness, skill, and competition levels can be accommodated.

While the many benefits of these activities are apparent, *SGA and its staff regard participant safety as a top priority* and feel it is important that the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN understand that there are risks inherent in all physical activity. SGA takes great care to reduce the risks associated with the many physical activities offered at the facility.

Nevertheless, regardless of the care taken to provide safe activities and to avoid injuries, some risks are inherent in the activity and cannot be totally eliminated without changing the nature of the activity. These risks are usually called **inherent risks**. It is impossible to list all of the inherent risks of a single sport, let alone all the risks in more than 30 sports. All the same, a number of common inherent risks (but by no means, all) that might be present in one or more of the sports offered will be listed here. Some of these include:

- heat-related illnesses (e.g., heat stroke, heat exhaustion, heat cramps);
- over-exertion, (e.g., long runs, all-out effort, continuing after severe fatigue)
- slips or falls due to imperfect playing surfaces (e.g., wet spot on basketball court, wet fields or track from rain, uneven mountain bike path);
- being struck by an object (e.g., ball, puck, bat, hockey stick, lacrosse stick, arrow, bullet, oar, skateboard, ski, bike, boxing glove, epee);
- collisions (e.g., with walls, tables, participants, spectators, officials, bikes, diving boards, trees);
- contact with co-participants or competitors (e.g., scrums, blocking, tackling, rebounding, racing, judo throws, wrestling moves);
- trips or falls (e.g., rebounding, when blocked, diving for a ball, slips on slick playing surfaces, from skateboard or bikes);
- drowning (e.g., when injured on a dive, boat capsizes, fall from boat); and

other inherent risks (e.g., *participant-related* [participant failure to adhere to posted rules or warnings; careless, erratic, or negligent acts by co-participants]; *facility/equipment-related* [e.g., unexpected equipment failure; unknown facility hazards or defects]; *personnel-related* [e.g., errors in judgment by SGA personnel, game officials, or volunteers -- including, but not limited to, misjudging participant abilities or fitness, misjudging weather conditions, failure to give adequate warnings or instructions, concentration lapses while supervising]; and *opening ceremony activities* [e.g., fireworks and other special activities]).

SGA feels that it is important that the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN understand that three types of injuries can occur. *Minor injuries* are the most common and include, but are not limited to, muscle soreness, headaches, sprains, abrasions, cuts, black eyes, blisters, and bruises. *Serious injuries* are less common, but can occur occasionally. They include, but are not limited to, broken bones, concussions, torn ligaments or cartilage, eye injuries, cuts, broken teeth, and internal injuries. *Catastrophic injuries* are very rare; but SGA feels that every ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN should be aware of the slight possibility. These infrequent injuries include permanent disability, brain injury, paralysis, blindness, and even death.

Assumption of Inherent Risks: I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN assert that I have previously participated in the sport(s) for which I have registered to participate; I am familiar with the inherent risks associated with the sport(s); and I have been reminded of some of the minor and serious inherent risks by the preceding paragraphs. **I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN, understand that all activities of SGA include inherent risks that cannot be totally eliminated** regardless of the care taken by SGA. I, the ADULT PARTICIPANT OR MINOR PARTICIPANT &

PARENT/GUARDIAN, 1) **know**, 2) **understand**, and 3) **and appreciate** the types of injuries inherent in SGA activities. I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN, hereby assert that **participation is voluntary** and the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN **knowingly assume all inherent risks of the activity**.

Waiver of Liability for Ordinary Negligence of SGA: In consideration of permission to participate in SGA activities, today and on all future dates, **I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN**, on behalf of myself, my spouse, heirs, executors, administrators, personal or legal representatives, and assigns (hereafter referred to as the *Releasing Parties*) **do hereby waive, release, covenant not to sue and discharge SGA** [including the Virginia Amateur Sports, INC, Virginia Commonwealth Games, National Congress of State Games, Liberty University and its Affiliates, City of Lynchburg, Campbell County, corporate partners, directors, board members, officers, employees, volunteers, independent contractors, agents, equipment suppliers, and owners of all venues] (hereafter referred to as the *Protected Parties*) **from liability from any and all claims, demands, and actions of every name and nature including those arising from the ordinary negligence of the Protected Parties.**

This agreement applies to 1) personal injury (including death) from incidents or illnesses arising from participation in SGA activities including, but not limited to: the opening ceremony activities; recreational, practice, or competitive activity; events; organized or individual training and conditioning activities; as an observer or spectator; and individual use of all facilities. This applies to all facilities, fields, equipment, and all other venues or premises including the associated sidewalks and parking lots and to 2) any and all claims resulting from the damage to, loss of, or theft of property.

Indemnification: I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN, also **agree to hold harmless, defend, and indemnify SGA** (that is, defend and pay any judgment and costs, including investigation costs, attorney's fees, and related expenses) from **any and all claims** of *Releasing Parties* or others acting on my behalf, arising from participation in SGA Activities, (including those **arising from the inherent risks** of the activity or the **ordinary negligence** of *Protected Parties*).

I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN, further agree to hold harmless, defend, and indemnify SGA against any and all claims of co-participants, rescuers, and others arising from the conduct of the participant in SGA activities.

Clarifying Clauses: I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN confirm that:

1) This agreement **supersedes any and all previous oral or written promises or agreements**. I understand that this is the entire agreement between me and SGA and that it cannot be modified or changed in any way by representations or statements by any agent or employee of SGA.

2) The foregoing Assumption of Risk, Waiver of Liability, Indemnification Agreement, and Covenant Not to Sue is intended to be as broad and inclusive as is permitted by the laws of the State of Virginia and that **if any portion thereof is held invalid**, it is agreed that the balance shall continue in full legal force and effect.

3) If legal action is brought, either the state court for City of Roanoke, Virginia, City of Lynchburg, Virginia, or the United States District Court for the Western District of Virginia has the **sole and exclusive jurisdiction** and that only the substantive laws of the State of Virginia shall apply.

Acknowledgements to Promote Participant Safety: These affirmations aid SGA in providing for the health and safety of the participant.

Health Status. The participant affirms that he or she:

- Possesses no health problems or physical disabilities that would make participation unwise or risk injury.
- Understands that SGA advises all participants to seek medical clearance prior to participation.
- Understands that it is his or her duty to inform staff and cease exercise immediately if there is any unusual discomfort (e.g., faintness, shortness of breath, high anxiety, chest pains) during participation.
- Acknowledges that he/she is aware of Concussion Awareness Legislation (Public Act 22.1-271.5) and understands that information is available at <https://law.lis.virginia.gov/vacode/title22.1/chapter14/section22.1-271.5/>.
- Acknowledges that he/she is aware of the Concussion Awareness Legislation (Public Act 22.1-271.5) by the SGA and was provided sufficient information regarding concussion safety.
- Possesses sufficient skills, experience in the activity, coordination, and fitness to safely participate.

Medical Care. The participant affirms that he or she:

- Authorizes the use of first aid by SGA authorities if SGA deem it is needed.
- Authorizes the use of CPR and/or an AED if SGA authorities deem it is needed.
- Authorizes SGA to secure emergency medical care and transport if deemed necessary.
- Agrees to assume all cost of emergency care and transportation.

Rules and Safety. The participant affirms that he or she agrees:

