

League Waiver

The Hybrid Fitness League

Last updated: 10 July 2026

ACKNOWLEDGEMENT OF RISKS AND RELEASE DECLARATION (“Release”)

This document is a legally binding agreement that affects your legal rights. By participating in the League (as defined below), you acknowledge that participation involves inherent risks and that, to the fullest extent permitted by law, certain legal claims against the HFL (as defined below) may be limited or excluded as described in this Release.

With regard to participation in The Hybrid Fitness League (“League”), Hybrid Fitness League Ltd (CRN: 17169032), with registered office at Flash Green Farm Jenny Lane, Wheelton, Chorley, England, PR6 8JE (“HFL” or “we”), as the organiser of the League, hereby inform you as a potential participant of the League and contractual party of a corresponding participants’ agreement (“you”) about the League and the typical dangers and risks associated with the sport before concluding a corresponding participation contract:

I. Information regarding entry into the League and its related risks

1. The individual named below (as a participant) (“you”) wishes to participate in the League. In consideration for being permitted by HFL to participate in the League and in recognition of HFL’s reliance hereon, you agree to all the terms and conditions set out in this Release.
2. Event: The Event is a mass-participation sports event. Details of the competition format and movement standards can be found at <https://www.thehybridfitnessleague.com/format> and this web page includes a link to a downloadable PDF containing the latest version of the [Athlete handbook](#). Each event will include a dedicated warm up area and we advise participants to arrive at the Event venue 30 mins before their wave start time. Participants will be started in waves every 10 minutes. The participant and spectator spaces will be separated by barriers. The event may be live recorded in the form of images, audio and audio-video for reporting and future marketing purposes.
3. Physical Risks: You may injure yourself while participating in the League, and such injury may cause permanent paralysis or death. The injuries may include but are not limited to, including strains, falls, collisions, equipment-related incidents, illness, sprains, fractures, overload, abrasions, spinal injuries, infections, strokes, and heart attacks. These can be caused, among other things, by the following behaviour or circumstances (i) accidents while running and performing the individual workouts, (ii) contact or collision with other people or objects (e.g. with other athletes, spectators, staff, workout equipment or barriers), (iii) proximity to other people carrying a symptom-free infection (e.g. transmission of bacterial or viral infectious diseases) and (iv) problems related to the proper assessment and behaviour of yourself and others (e.g., incorrect or inappropriate behaviour by you or the other athletes, erroneous assessment by the staff), and (v) slippery surfaces in the vicinity of hydration points if provided.

II. Acknowledgement and Acceptance of Risk and Release

By signing up and joining The League or accepting this Release, you (hereinafter referred to as “I” or “me”) hereby declare and agree to the following:

1. I confirm that participation in the League involves participation in a strenuous athletic competition which include, but are not limited to, lifting, running, rowing, the use of fitness equipment, obstacle or station-based activities, and exposure to other participants, course features, repetition-based movements, timed efforts, other physically demanding activities and League conditions (“**Activities**”) of which I take part in at my own risk.
2. I understand that these Activities are inherently dangerous and involve risks including, but not limited to, physical exertion and fatigue, slips, trips, and falls, collision with participants or objects, equipment use or failure, environmental, venue, and course conditions.
3. I represent and warrant that I am physically and mentally able to participate in the Activities and anything associated with the League. I understand and agree that it is my responsibility to consult with a medical expert where necessary prior to my participation in the Activities and the League, and I will stop or refrain from participating as soon as there are any indicators that endanger safety or health through participation in the League. Should health issues or conditions become apparent during the Activities, I will inform HFL. I will follow any instructions given by the security and/or medical staff during the Activities. I confirm that the personal and emergency contact information I provide is accurate and up to date, and I authorise event staff, host gyms or emergency responders to rely on it if required in an emergency.
4. I represent and warrant that I agree that I will not take part if I am injured, unwell, pregnant where medical advice suggests I should not participate, or otherwise not fit to compete safely. I also agree that I am responsible for monitoring my own condition during participation and stopping if necessary.
5. I hereby consent to receive medical treatment deemed necessary if I am injured or require medical attention during participation in the Activities. I hereby release, forever discharge, and hold harmless HFL, and all other Releasees (as defined below) from any claim based on such treatment or other medical services.
6. I acknowledge and agree that participation in the League is voluntary, and I knowingly and freely assume all inherent risks of participation in the Event for myself.
7. To the fullest extent permitted by law, I hereby expressly waive and release any and all claims, now known or hereafter known against the HFL and/or the host gym (collectively, “**Releasees**”), on account of injury, disability, death, or property damage arising out of or attributable to my participation in the Activities. This Release does not exclude or limit liability of HFL or any Releasee for:
 - a. death or personal injury resulting from negligence of the Releasees;
 - b. fraud or fraudulent misrepresentation; or
 - c. any other liability which cannot lawfully be excluded or limited under the laws of England and Wales.
8. I agree to follow all League and HFL instructions, competition and movement standards, safety rules, judging directions and venue requirements as stated

on the website and within the Athlete handbook (<https://www.thehybridfitnessleague.com/format>). I understand that failing to follow reasonable instructions may result in removal from an event or competition without refund or further participation rights.

9. To the fullest extent permitted by the laws of England and Wales, I agree to indemnify and keep indemnified HFL against all losses, liabilities, damages, costs and expenses (including reasonable legal costs) suffered or incurred by any Releasee arising out of or in connection with:
 - a. my negligent or wrongful acts or omissions in connection with the Activities;
 - b. my breach of this Release; or
 - c. any claim brought by a third party arising from my acts or omissions during participation in the Activities.

This indemnity shall not apply to the extent that any loss, damage, liability, cost or expense is caused by the negligence, breach of statutory duty, or other wrongful act or omission of HFL or any Releasee, or to any extent that such indemnity is prohibited or restricted by law.

10. I acknowledge that HFL's total liability for any and all claims arising out of or in connection with this Release shall not exceed the total fees paid (or payable) to HFL for entry into the League. This limitation of liability shall not apply to liability for death or personal injury caused by negligence of HFL, or to liability arising from fraud or fraudulent misrepresentation.
11. I hereby grant the HFL and their respective host gyms (collectively, the "**Parties**"), the irrevocable right to photograph, film, record, and otherwise capture my name, image, likeness, voice, statements, and biographical information in connection with the League. I acknowledge and agree that any such materials shall be the sole property of the Parties and may be used, reproduced, modified, distributed, displayed, or otherwise exploited by the Parties, in whole or in part, in any media now known or hereafter developed, worldwide and in perpetuity, for any lawful commercial or promotional purpose, without notice or compensation. I understand that competition results, rankings and limited participation information may be recorded and published as part of the operation of the league and its leaderboards.

III. **General**

1. This Release constitutes the entire agreement between HFL and me with respect to the subject matter of assumption of risk, release, and limitation of liability and supersedes all previous and contemporaneous agreements, arrangements and understandings between HFL and me, whether written or oral. This Release supplements but does not replace or supersede any applicable League Terms and Conditions and Privacy Policy agreed to in connection with registration for the League.

2. If any term or provision of this Release is or becomes invalid, illegal or unenforceable, it shall be deemed deleted, but that shall not affect the validity and enforceability of the rest of this Release.
3. No variation of this Release shall be effective unless it is in writing and signed by HFL and me.
4. This Release and any dispute or claim arising out of or in connection with it or its subject matter or formation (including non-contractual disputes or claims) shall be governed by and construed in accordance with the law of England and Wales.

By joining the League and paying the entry fee, I confirm that I am over the age of 18 and I have read and understood the terms of this Release. I understand that participation in the League involves inherent risks and that, to the fullest extent permitted by the laws of England and Wales, certain legal claims may be limited or excluded. I further acknowledge that I am accepting the terms of this Release freely and voluntarily.