

## ONE OF US Participation Disclaimer and Waiver of Liability

By participating in any ONE OF US activities, you acknowledge and agree to the following:

1. **Voluntary Participation:** Your participation in any ONE OF US activity is entirely voluntary. You choose to participate at your own risk.
2. **Health and Fitness:** You certify that you are in good health and sufficient physical condition to safely participate in the chosen activity. You acknowledge that it is your sole responsibility to determine whether you are sufficiently fit and healthy to participate.
3. **Assumption of Risk:** You understand and acknowledge that participation in physical activities, including but not limited to running, yoga, powerlifting, surfing, skiing, and snowboarding, involves inherent risks. These risks may result in serious injury, illness, or death. You knowingly and freely assume all such risks, both known and unknown.
4. **Waiver of Liability:** To the fullest extent permitted by law, you agree to waive, release, and discharge ONE OF US, its officers, directors, employees, volunteers, partners, and agents from any and all liability, including but not limited to, liability arising from negligence or fault, for any injury, disability, death, loss or damage to person or property.
5. **Indemnification:** You agree to hold harmless ONE OF US from any loss, liability, damage, or cost they may incur due to your participation in ONE OF US activities.
6. **Insurance:** You understand that ONE OF US does not carry or maintain health, medical, or disability insurance coverage for any participant. You are expected and encouraged to obtain your own medical or health insurance coverage.
7. **Media Release:** You grant permission to ONE OF US to use your likeness in photographs, videos, or other digital media in any and all of its publications, including web-based publications, without payment or other consideration.
8. **Severability:** You expressly agree that this disclaimer is intended to be as broad and inclusive as permitted by applicable law, and that if any portion is held invalid, the remainder shall continue in full legal force and effect.

By participating in ONE OF US activities, you acknowledge that you have read this disclaimer, fully understand its terms, and agree to assume all risks of participation. If you do not agree to these terms, you must not participate in any ONE OF US activities.

ONE OF US strongly recommends that you consult with a physician before participating in any physical activity or fitness program.