



INDEMNITY FORM

Entered into between:

OPTIMUM ATHLETICS SA

(Duly represented by Coach Brigitte Stark and Coach JJ Nieuwoudt, hereinafter referred to as "Optimum Athletics SA")

And:

ATHLETE'S NAME: _____

(Hereinafter referred to as "the Athlete")

WHEREAS the Parties agree that Optimum Athletics SA will act as coach and supervisor for face-to-face training sessions, including but not limited to preparation for participation in various sporting activities;

AND WHEREAS the Athlete voluntarily participates in these training activities and acknowledges the inherent risks involved;

AND WHEREAS the Athlete agrees to grant an indemnity to Optimum Athletics SA under the terms set out below.

INDEMNITY:

The Athlete hereby indemnifies and holds Optimum Athletics SA, its coaches, representatives, and the venue at which training is conducted harmless against any and all liability for injury, harm, loss, or death that may be suffered by the Athlete, and against any associated damages, costs, or expenses arising from or in connection with the Athlete's participation in the training sessions and sporting activities.

This indemnity applies even where all reasonable safety precautions have been taken, except in cases of proven gross negligence by Optimum Athletics SA.

ATHLETE'S DETAILS:

Date of Birth: _____

City of Residence: _____

Medical Conditions / Allergies: _____

Cell: _____

Email: _____

Emergency Contact Name & Number: _____

I have read, understand, and agree with the T&C's (please tick or cross the square to confirm)

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ATHLETE'S SIGNATURE:

SIGNED at _____ on this _____ day of _____