

2026 AAA MAINTENANCE MUSCLE

RELEASE, WAIVER AND ASSUMPTION OF RISK AGREEMENT

I, _____, hereby acknowledge and agree to the following in consideration of my participation in the 2026 AAA Maintenance Muscle (hereafter called the "Event") being held on January 22, 2026 by Atlanta Apartment Association, Georgia Apartment Association and Georgia Better Government Fund (hereafter called the "Associations") at LakePoint Sporting Community (hereafter called "LakePoint"):

- 1) I understand that participation in the Event requires extreme feats of a person's physical and mental limits and carries with it the potential for serious injury, death or property loss. I certify that I am physically fit, have sufficiently prepared or trained for participation in this activity, and have not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this activity.
- 2) I ASSUME ALL OF THE RISKS OF PARTICIPATING IN ANY/ALL ACTIVITIES ASSOCIATED WITH THIS EVENT, including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained, or controlled by them, or because of their possible liability without fault.
- 3) I nevertheless freely and voluntarily assume all the risks and hazards, and that accordingly, my participation in the aforesaid Event shall be entirely at my own risk;
- 4) I do hereby release the Associations & LakePoint, their members, officers, directors, employees, sponsors, independent contractors, and agents from all liability, and do hereby waive as against the Associations, their members, officers, directors, employees, sponsors, independent contractors, and agents all recourses, proceedings, claims, and causes of action of any kind whatsoever, in respect of all personal injuries or property losses which I may suffer arising out of or connected with my preparation for, or participation in, the aforesaid Event, notwithstanding that such injuries or losses may have been caused solely or partly by the negligence of the Associations, their members, officers, directors, employees, sponsors, independent contractors, and agents;
- 5) I understand that neither the Associations, LakePoint, nor any of their members, officers, directors, employees, sponsors, independent contractors, and agents assume any responsibility whatsoever for my safety during the course of my preparation for or participation in the aforesaid Event;
- 6) I have carefully read this RELEASE, WAIVER, AND ASSUMPTION OF RISK agreement, fully understand same and am freely and voluntarily executing same;
- 7) I understand clearly that by signing this release I will be forever prevented from suing or otherwise claiming against the Associations, LakePoint, their members, officers, directors, employees, sponsors, independent contractors, and agents for any loss or damage connected with any property loss or personal injury I may sustain by preparing for or participating in the aforesaid Event, whether or not such loss or injury is caused solely or partly by the NEGLIGENCE of the Associations, LakePoint or any of their members, officers, directors, employees, sponsors, independent contractors, and agents;
- 8) I understand clearly that the Associations and LakePoint would not permit me to participate in the aforesaid Event unless I signed this RELEASE, WAIVER, AND ASSUMPTION OF RISK agreement;
- 9) I understand that this RELEASE, WAIVER, AND ASSUMPTION OF RISK agreement is binding on myself, my heirs, my executors, administrators, personal representatives, and assigns;

- 10) I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this activity.
- 11) I understand while participating in this activity, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the activity holders, producers, sponsors, organizers, and assigns.
- 12) I agree to execute such additional waivers and releases as the sporting event venue may reasonably require.

Participant Signature: _____ Date: _____

Witness Signature: _____ Date: _____