



Liability Release & Assumption of Risk

Please read this document carefully as signing it indicates that you are waiving certain legal rights. If you have any questions consult the event organiser or an attorney before signing to signify your understanding and agreement of this waiver.

In consideration and as a condition of acceptance of my entry in AIDA Bristol Blue 2026 - UK National Freediving Championships (hereinafter referred to as the competition):

I, _____ hereby affirm that I have been thoroughly informed of the risk involved with any freediving/breath-hold activity, specifically related to my participation in the competition and am willingly participating of my own free will.

Acknowledged risk of participation

I acknowledge and understand that my participation in the competition will include breath-holding underwater which does involve inherent risks, including but not limited to hypoxia, blackout and drowning.

I specifically understand that the risk of blackout is inherent to freediving/breath-hold diving activities, and that I still intend to participate in the competition.

I understand that Treatment of a freediving/breath-hold diving accident with these, or other injuries may require immediate medical attention.

I am aware of the prerequisite skill level and/or equivalent diving experience necessary to participate in the competition, and I stipulate that I meet these requirements.

Assumption of Risk

In consideration of being allowed to participate in the competition I hereby personally assume all risks in connection with the competition, for any harm, injury, or damage that may befall me while I am participating in the competition, including all risks connected therewith, whether foreseen or unforeseen.

I understand that freediving activities are physically strenuous and that I will be exerting myself during the competition. I confirm I am in good health and meet the physical requirements to participate in the competition. I expressly assume the risk of any and all injuries, and I will not hold the Released Parties (Organisers, staff and volunteers of the Bristol Blue, the British Freediving Association (BFA) and its committee, Association for the International Development of Apnea (AIDA) and its committee, Bristol Freedivers committee and members, Hengrove Leisure Centre staff and officials, sponsors of the competition) responsible if I am injured as a result of my participation in the competition.

I undertake to immediately notify, in writing, the organiser of the competition with respect to any change in my medical status, including medical conditions, general health or condition(s) that are likely to affect my fitness to further compete in the competition.

Liability Release

I understand and agree that the Released Parties may not be held liable or responsible in any way for any injury, death, or other damages to myself, my family heirs or assigns that may occur as a result of my



participation in the competition or as a result of the actions of any party, including the Released Parties, whether passive or active.

I agree to hold harmless the Released Parties from any claim or lawsuit by myself, my family, estate, heirs or assigns, arising out of my participation in the competition, including any and all claims arising during my practicing and any arising during or after participating in the competition.

I release and grant full and unencumbered rights to the competition organisers the use of any pictures, photographs or video taken of me during the competition, including any edited, revised, or modified versions thereof, for the express and sole purpose of promoting the competition and any future Bristol Blue competitions.

Insurance and Medical

I understand that it is my responsibility to obtain adequate insurance to cover my participation in the competition.

I understand it is my responsibility to ensure that I have adequate travel and medical cover should it be required to allow for my participation in the competition. This should include but not limited to covering medical treatment in hospital and repatriation should it be required.

Legalities

I understand that all the terms herein are contractual, they are not a mere recital, and my signing this document is done of my own free act of will and in so doing, I waive my legal rights to sue and take any legal action against the released parties.

I state that I am of lawful age and legally competent to sign this liability release, or that I have written consent of my parent or legal guardian to engage in this freediving/breath-hold dive under the conditions of this waiver as stipulated by their signature below.

It is my intention by this written document to exempt and release all of the Released Parties as defined herein, from all liability whatsoever for personal injury, property damage or wrongful death however caused, including but not limited to the negligence of the Released Parties, whether passive or active.

I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS LIABILITY RELEASE AND ASSUMPTION OF RISK BY READING IT BEFORE SIGNING IT ON BEHALF OF MYSELF AND MY HEIRS.

Signature

Date

Signature (Parent or Guardian if under 18 years of age)

Date