Mammoth Wrestling
Participant Waiver, Release of Liability, and Assumption of Risk

This agreement is entered into with Mammoth Wrestling LLC, doing business as Mammoth Wrestling ("Mammoth Wrestling"). By signing, you acknowledge and agree to all terms set forth below.

1. Assumption of Risk

I understand that participation in wrestling, strength training, conditioning, and related athletic activities involves inherent risks, including but not limited to bodily injury, sprains, strains, broken bones, head injury, concussion, paralysis, illness, permanent disability, or death. I voluntarily and knowingly assume all risks associated with participation.

2. Release and Waiver of Liability (Including Negligence)

I hereby release, waive, discharge, and covenant not to sue Mammoth Wrestling, its owners, coaches, volunteers, officers, employees, affiliates, agents, and representatives from any and all claims, demands, or causes of action arising from participation, including claims arising from the ordinary negligence of Mammoth Wrestling or its representatives, to the fullest extent permitted by law. This release does not apply to gross negligence or willful misconduct where prohibited by law.

3. Indemnification

I agree to indemnify and hold harmless Mammoth Wrestling from any loss, liability, damage, or cost incurred as a result of participation, violation of this agreement, or actions of the participant.

4. Code of Conduct

Mammoth Wrestling is committed to creating a positive, disciplined, and growth-oriented environment. Athletes are expected to treat coaches, teammates, opponents, officials, and facilities with respect at all times. This includes listening attentively to instruction, following practice rules, using appropriate language and behavior, demonstrating good sportsmanship, giving full effort, and contributing positively to a safe and focused training environment.

Disrespectful behavior, unsafe actions, excessive disruption, or failure to follow coaching instruction undermines the training environment and will not be tolerated. Mammoth Wrestling reserves the right to remove any participant whose behavior detracts from the safety, integrity, or effectiveness of the program, without warning and without refund.

Parents and guardians are expected to support coaching decisions and reinforce respectful behavior. All coaching instruction, discipline, and training methodology are determined solely by Mammoth Wrestling staff.

5. Safe Wrestling Partner Interaction

Mammoth Wrestling will make reasonable efforts to pair wrestlers by similar ability level, size, age, and weight class whenever possible. However, due to the diverse nature of the wrestling community, perfect matches are not always possible.

All athletes are expected to actively participate in keeping their training partners safe at all times. Wrestlers are required to wrestle with control and appropriate intensity, avoid intentionally overpowering or intimidating partners, and respect differences in size, strength, and experience.

Wrestlers must immediately stop wrestling when a partner signals to stop, including verbal cues or tapping. If a wrestler effectively secures a pin or dominant position and a partner taps, the action must stop and reset to maintain safety.

Additional safety expectations include avoiding uncontrolled slams or spikes unless explicitly instructed by a coach, modifying speed and pressure when training with smaller or less experienced partners, maintaining awareness of mat boundaries and surrounding wrestlers, and immediately stopping when a coach calls "stop" or intervenes.

If a wrestler feels unsafe, believes they are being intentionally hurt, or observes reckless or excessive force, they must immediately notify a coach. Unsafe or intentionally harmful behavior will not be tolerated and may result in removal from practice or the program, without refund, at the sole discretion of Mammoth Wrestling.

6. Weight Training, Conditioning & Athletic Activities

I acknowledge that programming may include strength training, weight lifting, resistance exercises, cardiovascular conditioning, agility drills, plyometrics, bodyweight exercises, and sport-specific conditioning. These activities involve additional risks including muscle strain, joint injury, overexertion, equipment-related injury, or improper technique.

Athletes are expected to treat all training equipment with care and respect, use equipment only as instructed by coaching staff, and maintain awareness of others in the training area at all times. Reckless use of equipment, horseplay, or misuse of weights or training tools is strictly prohibited.

Athletes are responsible for maintaining proper spacing during drills and lifts, returning equipment to its designated location after use, and immediately reporting damaged or unsafe equipment to a coach.

I affirm that the participant is physically capable of engaging in these activities and will immediately report any pain, dizziness, discomfort, or unusual symptoms. Participation in all strength and conditioning activities is voluntary and all associated risks are knowingly assumed.

7. Concussion & Head Injury Acknowledgment

I acknowledge that participation may involve head impacts, collisions, or mat returns that could result in concussion or other brain injury. I understand the signs and symptoms of concussion and agree to remove the participant from activity and seek medical evaluation if suspected.

I authorize Mammoth Wrestling coaches and staff to observe, assess, and evaluate an athlete following any perceived head impact, collision, or event where the athlete strikes their head. I understand that coaches and staff are not medical professionals; however, they may, at their sole discretion, require an athlete to sit out for the remainder of a practice, session, or event for safety reasons.

Mammoth Wrestling reserves the right to require a professional concussion evaluation and written medical clearance from a licensed healthcare provider before allowing an athlete to return to practice or competition. Even with medical clearance, Mammoth Wrestling reserves the right to withhold an athlete from participation if staff reasonably believe continued participation poses a safety risk.

I acknowledge that decisions regarding removal from activity or return to participation are made in the interest of athlete safety and program integrity, and I agree not to hold Mammoth Wrestling liable for lost practice time, competition opportunities, or related outcomes.

I further acknowledge that removal from practice or competition due to suspected or confirmed concussion, head injury, or related neurological concerns is a safety-based decision, and Mammoth Wrestling is not obligated to provide refunds, credits, or prorated fees for time missed as a result of concussion evaluation, medical clearance requirements, or precautionary removal from participation.

8. Communicable Illness & Skin Infection Risk

Participation in wrestling involves close physical contact and may increase the risk of exposure to communicable illnesses, including but not limited to common wrestling-related skin infections such as ringworm (tinea corporis), staphylococcal infections including MRSA, impetigo, and herpes gladiatorum. I voluntarily assume this risk and agree not to hold Mammoth Wrestling liable for illness exposure or transmission.

Wrestlers are required to maintain good personal and skin hygiene, including showering after practice, wearing clean practice gear, and promptly reporting any skin abnormalities, rashes, sores, or lesions.

If a coach observes or suspects a skin-related issue, Mammoth Wrestling reserves the right to require the athlete to remove themselves from practice and to discuss the concern with a parent or guardian at an appropriate time.

In order to return to practice, the athlete must provide written clearance from a licensed medical professional. However, even with medical clearance, Mammoth Wrestling reserves the right to withhold an athlete from practice until the skin condition demonstrates visible improvement and forward progress toward healing, in the interest of athlete safety and program health.

Mammoth Wrestling is not obligated to offer a refund, credit, or prorated fee in the event that a participant is temporarily or permanently withheld from practice or competition due to communicable illness, skin infection, or related health concerns.

9. Injury Reporting & Continued Participation

I agree to immediately notify coaching staff of any injury, illness, pain, dizziness, or physical limitation. Continued participation after onset of symptoms is done at my own risk and constitutes acceptance of that risk.

10. Medical Authorization

I authorize Mammoth Wrestling to obtain emergency medical treatment for the participant if deemed necessary. I accept full financial responsibility for all medical expenses incurred.

11. No Guarantees or Promises

Mammoth Wrestling makes no guarantees regarding injury prevention, supervision levels, athletic outcomes, skill development, competition success, or physical results. Outcomes vary by individual and participation is voluntary. Results depend on individual effort, attendance, physical ability, maturity, and other factors beyond the control of Mammoth Wrestling.

12. Brand & Reputation Protection

I agree not to make knowingly false, misleading, or defamatory statements that could harm the reputation, operations, or personnel of Mammoth Wrestling.

13. Payment & Cancellation Policy

Monthly memberships may be cancelled at any time; payments are non-refundable. Annual memberships must be cancelled at least 30 days prior to renewal; payments are non-refundable. This policy applies to all circumstances, including but not limited to injury, illness, health-related exclusions, suspensions, or removal from participation.

14. Transportation & Off-Site Activities

Mammoth Wrestling is not responsible for transportation to or from practices, competitions, camps, or off-site activities unless expressly stated in writing.

15. Third-Party Facilities & Equipment

Activities may occur at facilities or involve equipment not owned or controlled by Mammoth Wrestling. Mammoth Wrestling is not responsible for the condition, maintenance, or safety of such facilities or equipment.

16. Governing Law

This agreement shall be governed by and interpreted in accordance with the laws of the State of Minnesota.

17. Severability

If any provision of this agreement is held to be invalid or unenforceable, the remaining provisions shall remain in full force and effect.

18. Entire Agreement

This agreement constitutes the entire agreement between the parties and supersedes all prior discussions or representations. No oral statements or modifications shall be valid unless made in writing and signed by Mammoth Wrestling.

19. Waiver Updates & Policy Modifications

I acknowledge that this waiver and Mammoth Wrestling's related policies, rules, and procedures may be updated or modified from time to time as the program evolves. The version of the waiver executed by the participant or guardian remains binding and enforceable as of the date signed.

I further acknowledge that continued participation in Mammoth Wrestling activities after notice of updated policies or terms constitutes acceptance of such updates to the extent permitted by law. Material changes to liability waivers may require execution of a new waiver or written acknowledgment. Mammoth Wrestling reserves the right to update policies in the interest of safety, operations, and program integrity.

20. Acknowledgment & Signature

I have read, understand, and voluntarily agree to all terms of this agreement.

Participant Name: _____

Parent/Guardian Name (if minor): _____

Signature: _____ Date: _____