**Sample Language for Waiver Forms**

In addition to the attached documents, here is sample language that your attorney may want to consider adding to your existing waiver forms:

“I assume all risks associated with participating/competing in [EVENT], including but not limited to falls, contact with other participants, negligent or wanton acts of other participants, [completing all obstacles, or otherwise specify things specific to the event], defects or condition of premises, the effects of the weather, including high heat and/or humidity, any and all bacteria and/or viruses that may be present, including but not limited to COVID-19 or any novel coronavirus, all such risks being known and appreciated by me.”