MEATLESSMUSCLE

PARTICIPATION WAIVER, RELEASE OF LIABILITY & ASSUMPTION OF RISK

Event: Brooke's Meatless Muscle Retreat

Dates: April 30 - May 3, 2026

Location: Destin, Florida

I acknowledge that I am voluntarily participating in the Miss Meatless Muscle Weekend Getaway (the "Event"), which may include but is not limited to beach workouts, fitness activities, recreational games, cooking demonstrations, food preparation, consumption of vegan meals, social activities, and free time at or near the event location.

Assumption of Risk

I understand that participation in physical activity, travel, and group events involves inherent risks, including but not limited to physical injury, muscle strain, illness, allergic reactions, dehydration, sun exposure, slips or falls, weather-related conditions, accidents, or other unforeseen circumstances. I knowingly and voluntarily assume all such risks, whether known or unknown, even if arising from the negligence of others.

I affirm that I am in good physical condition and have no medical condition that would prevent my safe participation. I acknowledge that I am solely responsible for determining my fitness level and for modifying or discontinuing participation as needed.

Food & Dietary Acknowledgment

I understand that vegan meals will be provided and may be prepared in shared kitchens or environments. While reasonable care will be taken, I acknowledge that an allergen-free environment cannot be guaranteed. I agree that it is my responsibility to disclose any food allergies, dietary restrictions, or sensitivities prior to the Event.

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Medical Disclaimer

I acknowledge that the Event is not a medical program and that Miss Meatless Muscle, Brooke [Last Name], event staff, chefs, or affiliates do not provide medical advice, diagnosis, or treatment. I agree that I am responsible for my own medical care, medications, and health insurance coverage.

Travel, Lodging & Weather Disclaimer

I understand that I am responsible for my own travel arrangements, accommodations (unless explicitly stated as included), transportation, and personal expenses. I acknowledge that activities may be modified, delayed, or canceled due to weather conditions, safety concerns, or circumstances beyond the host's control, and that such changes do not entitle me to a refund.

Release of Liability

In consideration of being permitted to participate in the Event, I hereby release, waive, and discharge Miss Meatless Muscle, Brooke [Last Name], event staff, volunteers, independent contractors, chefs, venue providers, property owners, and affiliated partners from any and all claims, demands, actions, or causes of action arising out of or related to my participation, including but not limited to personal injury, illness, allergic reactions, emotional distress, loss, theft, or damage to personal property.

Indemnification

I agree to indemnify and hold harmless the released parties from any claims brought by or on behalf of myself or any third party arising from my participation in the Event.

Photography & Media Release

I grant permission for photographs, video recordings, and audio recordings taken during the Event to be used for promotional, educational, and marketing purposes in any media format without compensation. I understand that I may opt out by providing written notice to the host prior to the Event.

Refund & Cancellation Policy

I acknowledge that all payments are subject to the Event's stated cancellation and refund policy. I understand that failure to attend, early departure, or cancellation due to personal circumstances does not guarantee a refund.

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Emergency Contact

Emergency Contact Name: _____

Relationship: _____

Phone Number: _____

Electronic Signature & Acceptance

By signing below or by selecting the checkbox during online registration and completing payment, I acknowledge that I have read, understood, and voluntarily agree to the terms of this Waiver and Release of Liability. I understand that my electronic acceptance constitutes a legally binding signature.

Participant Name (Printed): _____

Signature: _____

Date: _____

□ I have read and agree to the Participation Waiver & Release of Liability and understand that my registration is subject to the event's cancellation policy.
