

USA WRESTLING MEMBER AGREEMENT

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY AGREEMENT WITH PARENTAL CONSENT

IN CONSIDERATION of being permitted to participate in any way in any USA Wrestling chartered club practice and/or sanctioned event ("Activity") at any time during the current member year I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of the Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if, at any time, I believe the conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) THIS ACTIVITY INVOLVES RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH AND POSSIBLE EXPOSURE TO AND ILLNESS FROM INFECTIOUS DISEASES (INCLUDING, BUT NOT LIMITED TO, COVID-19) (collectively, "Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS or SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation ,or that of the minor, in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the sanctioning organization(s), their administrators, directors, agents, officers, members, volunteers, and employees, other participants, officials, rescue personnel, sponsors, advertisers, owners and lessees of Premises on which the Activity is conducted, (each of the forgoing shall be considered one of the RELEASEES herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED, OR ALLEGED TO BE CAUSED, IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may be incurred as the result of such claim.

I ACKNOWLEDGE THAT I AM OVER THE AGE OF 18 YEARS, HAVE READ THIS AGREEMENT AND FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE, AND I INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

MINOR RELEASE

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF THE ACTIVITY AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED, OR ALLEGED TO BE CAUSED, IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIMS AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR ANY COST THAT MAY OCCUR AS A RESULT OF ANY SUCH CLAIM.

USA WRESTLING SAFE SPORT POLICY

The mission of USA Wrestling, as guided by the Olympic Spirit, is to provide quality opportunities for its members to achieve their full human and athletic potential. Our goal is to encourage participation and the pursuit of excellence in all aspects of wrestling. USA Wrestling has long had systems in place to protect its participants from physical abuse, sexual abuse and other types of abuse and misconduct that can be harmful to youth athletes and other participants. The safety of its athletes, coaches, and volunteers is of paramount importance to USA Wrestling. This includes both on-mat and off-mat safety.

Conduct that is prohibited or regulated by the USA Wrestling Rule Book and Guide To Wrestling (e.g., illegal moves, brutality incidents, yelling at an official or opponent, and complaints related to officiating etc.), are not intended to be covered by the Safe Sport Program policies and are instead to be addressed and/or penalized under the USA Wrestling Rule Book and Guide To Wrestling, and other Codes of Conduct or Ethics.

USA Wrestling's Safe Sport Handbook, including the Minor Athlete Abuse Prevention Policy, includes various Policies that apply to all USA Wrestling Member Programs. It further includes (1) the available resources and required Training of USA Wrestling, and its Member Programs', employees, volunteers, administrators, coaches, parents and athletes on recognizing and reducing circumstances for potential misconduct to occur; (2) information on USA Wrestling's Screening and Background Check Program; (3) the availability and procedures for any person to Report suspected abuse or misconduct (including protections from any retaliation or repercussions for such reporting); (4) the procedures and means by which USA Wrestling and its Member Programs should Respond to allegations of abuse and misconduct; and (5) how USA Wrestling and its Member Programs will Monitor and Supervise this program to help ensure its effectiveness.

USA Wrestling is committed to creating the safest possible environment for participation in wrestling. We pledge to protect, support, and empower our athletes through this Safe Sport Program. USA Wrestling grants the privilege of membership to individuals and Member Programs committed to its mission. The privilege of membership may, therefore, be withdrawn or denied by USA Wrestling at any time where USA Wrestling determines that a member or prospective member's conduct is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it.

Please review USA Wrestling's Safe Sport Handbook on themat.com frequently as it is updated from time to time.

ATHLETE CODE OF CONDUCT

As a member athlete of USA Wrestling, I will:

- Wrestle for the enjoyment of the sport.
- Know and practice the core values of USA Wrestling: Responsibility, Integrity, Dedication, Honesty, Accountability, and Respect.
- Always strive to challenge myself. Work hard to improve my conditioning and skills.
- Be a good sport, win or lose. Champions are determined as much by how they handle defeat as they are by how many wins they achieve.
- Support my teammates and look out for everyone's best interest.
- Be on time, and be ready for practice...give 100% effort.
- Learn the rules and wrestle by them. Always be a good sport.
- Respect my coach, teammates, parents, opponents and officials.
- Never argue with an official's decision.

- Learn the fundamentals of Safe Sport. Do not engage in misconduct. Report anything that does not seem right to you to a trusted adult.
- Learn, and put into practice, teamwork, sportsmanship and discipline.

All athlete members 18 years of age and above are subject to USA Wrestling's General Member Code of Conduct.

PARENT CODE OF CONDUCT

Do not force your children to participate in sports, but support their desires to participate in their chosen sports. Children are involved in organized sports for their enjoyment. Make it fun.

- Encourage your child to wrestle by the rules. Remember, children learn best by example, so applaud the good moves of both wrestlers.
- Emphasize the core values of USA Wrestling with your child: Responsibility-Integrity-Dedication-Honesty-Accountability-Respect.
- Do not embarrass your child by yelling at opposing wrestlers, coaches or officials. By showing a positive attitude toward the sport and all of its participants, your child will benefit.
- Emphasize skill development and practices, and how they benefit your young athlete. De-emphasize matches and competition in the lower age groups.
- Know and study the rules of wrestling and support the officials on and off the mat. This approach will help in the development and support of the wrestling. Any public criticism of the officials during competition only hurts the sport.
- Applaud a good effort in both victory and defeat, and enforce the positive points of the match. Never yell or physically abuse your child after a match or practice – it is destructive. Work toward removing the physical and verbal abuse in youth sports.
- Recognize and respect the importance of volunteer coaches. They are integral to the development of your child and the sport. Communicate with coaches and support them.
- Please be aware of the importance of the USA Wrestling Safe Sport Program, and consider taking SafeSport Training to become educated on the safety and wellbeing of your athlete.
- Volunteers are the heartbeat of every club. Please take the time to learn about your club and the sport of wrestling, and look for ways to lend your support.

From time to time USA Wrestling may update these policies as it deems necessary.

ANTI-DOPING AGENCY NOTIFICATION

I understand and agree that the United World Wrestling (UWW) Anti-Doping Rules, U.S. Anti-Doping Agency Protocol for Olympic and Paralympic Movement Testing (USADA Protocol), and the USOPC Anti-Doping Policy all other policies and rules adopted by UWW, USADA and USOPC apply to me and that it is my responsibility to comply with those rules. I agree to submit to drug testing at any time and understand that the use of methods or substances prohibited by the applicable anti-doping rules would make me subject to penalties including, but not limited to, disqualification and suspension. If it is determined that I may have committed a doping violation, I agree to submit to the results management authority and processes of USADA, including arbitration under the USADA Protocol, or to the results management authority of UWW and/or USA Wrestling, if applicable or referred by USADA.