

# 2026 HYROX WORLD CHAMPIONSHIPS

## Athlete's Waiver – HYROX World Championships Season 2025/2026 – Sweden

### I. Information regarding the Event and its related Risks

With regard to participation in the 2026 HYROX World Championship (“**Event**”), HYROX World GmbH, with registered offices at Bahrenfelder Str. 322, 22765 Hamburg (“**HYROX World**” or “**we**”), as the organiser of the 2026 HYROX World Championships, hereby inform you as a potential participant of the Event and contractual party of a corresponding participants’ agreement (“**you**”) about the Event and the typical dangers and risks associated with the sport before concluding a corresponding participation contract:

1. **Event:** The event is a mass-participation sports event with up to 8.000 participants and up to 15.000 spectators per day. The format of the Event is a global one and laid out in full detail at [hyrox.com](https://hyrox.com). Participants have to qualify for the Event. Depending on the division, you will be competing alone or as part of a team. Besides the fitness race competition as such, the Event comprises other activities before and after the race, including but not limited to warm-up training sessions, briefings and award ceremonies. You will be starting in waves intervals with up to 50 athletes per wave and an interval of 10 minutes. The competition area (called Roxzone) is reserved for participants only, fenced off from spectators and subdivided in relation to the individual workouts. The Event will be recorded live in the form of images, audio and audio-video for live broadcasting/streaming, reporting and marketing purposes.
2. **Physical Risks:** You may injure yourself while participating in the Event and your injury may cause permanent paralysis or death depending on its severity. The following list of physical injuries shall serve as an example of typical physical risks related to the Event: sprains, strains, fractures, overload, abrasions, spinal injuries, infections, strokes, and heart attacks. These can be caused, among other things, by the following behavior or circumstances (i) accidents while running and performing the individual workouts, (ii) contact or collision with other people or objects (e.g. with other athletes, spectators, staff, workout equipment or barriers), (iii) proximity to other people carrying a symptom-free infection (e.g. transmission of bacterial or viral infectious diseases) and (iv) problems related to the proper assessment and behavior of yourself and of others (e.g. incorrect or inappropriate behavior by him/herself or the other athletes, erroneous assessment by the staff) (v) slippery surfaces in the vicinity of water stations within the Roxzone.
3. **Risks for Personal Property:** While participating in the Event you may damage your personal property in the form of staining, damaging or destroying his/her clothing, gear and/or wearables (e.g. timing devices, electronic appliances and jewelry). In addition, your state of health may deteriorate during the time after the conclusion of a participation agreement with us until your start of the fitness race (e.g. due to illness,

injury) causing you to abstain from participating without being entitled to a refund of the entry fee paid.

## **II. Acknowledgement and Assumption of Scope of Risks and Limited Liability**

We herewith point out your scope of risks as well as our liability and its limitations that relating to your participation in the Event:

1. Sports-related Risks: Typical, sports-related risks are borne by the athlete him-/herself. As the organiser and host of the Event, we are only obliged to take safety measures if the athletes cannot protect themselves from the dangers they have taken.
2. Liability: In accordance with the general terms and conditions of the participation agreement applying to the Event, we are only liable for damages to property and financial loss deliberately or gross negligently caused by us. In the case of any sports-related damages incurred, we are only liable in the event of intentional or grossly negligent violation of our security obligation to take safety measures.
3. Exceptions: Excluded from this limitation of liability are damages that are based on the culpable breach of a material obligation by us as the organiser, as well as in case of personal injury, i.e. damages to life, limb or health of a person, if not sports-related.
4. Scope: The above limitations of liability also extend to the personal liability for damages of our employees, representatives, vicarious agents and third parties that we use in connection with the organization of the Event or with whom we are contractually bound for this purpose. For all cases of personal injury caused by negligence and not by gross negligence, we are liable up to the maximum amount of the liability insurance taken out. In cases of intent and gross negligence, our liability does not extend to unforeseeable and atypical consequential damages. The remuneration for medical services, if incurred, is to be borne by yourself.
5. No insurance coverage: We do not provide insurance coverage for medical treatment. You are responsible to ensure adequate insurance coverage for medical treatment. Irrespective of the above cases of liability for damages on the part of the organizer, any liability for medical treatment costs, including related costs such as transport and care, is excluded.

## **III. Release Declaration**

By electronically signing this statement of declaration in the form of opting-in, you (hereinafter also referred to as "I") hereby declare the following:

1. Consent and voluntariness: I have carefully read HYROX World's limitation of liability and the associated assumption of risk by me as an athlete and have fully acknowledged the inherent risks of participation and understood them as such. I acknowledge that due to the dangers typical of sport, which lie within my own sphere of risk as an athlete, and due to the limitation of liability, I bear a large part of the risk myself and that participation in the event is entirely voluntary.
2. Health: I am physically able to participate in the Event and have no knowledge or suspicion of any circumstance that would compromise my safety or health by

attending the Event. I will carefully (re)check my health and my physical fitness in the period between the conclusion of my participation contract and the start of the competition, and I will withdraw my participation or stop competing as soon as there are any indicators that endanger my safety or health through participation. Should health problems become apparent during the competition, I will inform the staff and, if necessary, stop the competition as well as follow any instructions given by the security and/or medical staff during the competition.

3. First-aid: I consent to the provision of first-aid and other medical treatment in the event of injury or illness (including but not limited to cardiopulmonary resuscitation and use of an automated external defibrillator) and hereby exonerate HYROX World and release them from any liability or claims arising from such treatments. I am aware that I can withdraw from the Event at any time for my own protection and the protection of others.
4. Pictures, sound recordings and videos: Pictures, sound and/or videos recordings that show me partially or completely during and in the context of the event may be used with my personal data, such as first name, last name, for documentation, information and advertising purposes without any time or space restrictions to be published in all media. I acknowledge that I have no entitlement to be named as an athlete or to be granted a financial advantage if the image and/or audio material is mentioned or depicted or reproduced.

If you are under eighteen (18) years of age, please send us the document with signatures of your legal guardians:

_____	_____	_____
[Name Participant]	[Birthday Participant]	[Name legal guardian]
_____		_____
[Signature]		[Signature]
_____		_____
[Place/Date]		[Place/Date]