PHYSICAL CULTURE ASSOCIATION C.I.C (UK)

ATHLETE RISK ACKNOWLEDGMENT, PARTICIPATION CONDITIONS AND WAIVER

Physical Culture Association C.I.C (UK)

Effective date: 30 October 2026

PLEASE READ THIS DOCUMENT CAREFULLY BEFORE SIGNING. IT AFFECTS YOUR LEGAL RIGHTS AND SETS OUT IMPORTANT HEALTH AND SAFETY REQUIREMENTS.

1 Definitions

1.1 **Athlete:** the individual named in the declaration who registers for or takes part in an Event.

1.2 **Event:** any competition or show organised, convened or sanctioned by PCA, including registration, check-in, tanning, backstage and pump-up areas, judging, stage appearances, photography and awards.

1.3 **PCA:** Physical Culture Association C.I.C (UK).

1.4 **Inherent Risks:** the risks described in clause 4 which may remain notwithstanding the exercise of reasonable care and the taking of reasonable precautions by PCA, the venue operator and relevant contractors.

1.5 **Tanning Provider:** the company or other business appointed or permitted by PCA to provide tanning services at the relevant Event as an independent contractor.

1.6 **Event Official:** an Event Director, Head Judge or other person expressly authorised by PCA to give safety directions to Athletes and, where appropriate, suspend or terminate an Athlete's participation.

1.7 **Acrobatic Move:** any backflip, front flip, somersault, cartwheel, handspring, round-off, jump, splits drop, lift or similar gymnastic or acrobatic movement.

1.8 **Event Medical Provider**: the medical team, paramedics or other medical professional appointed by PCA to provide medical cover at the relevant Event.

2 Purpose and Scope

2.1 This document sets out:

(a) certain reasonably foreseeable risks associated with participation in an Event;

(b) the responsibilities of the Athlete in managing matters within their own knowledge or control;

(c) the rules and safety requirements with which the Athlete agrees to comply; and

(d) the circumstances in which PCA may intervene to protect the health and safety of the Athlete or any other person.

2.2 This document applies to each Event entered by the Athlete during the 12 months following signature. PCA will require the Athlete to reconfirm at registration or check-in for each and every individual Event that the declarations in this document remain accurate.

2.3 Nothing in this document excludes or restricts PCA's liability for death or personal injury resulting from its negligence, for fraud or fraudulent misrepresentation, or any other liability which cannot lawfully be excluded or restricted.

2.4 An Athlete's acknowledgment or acceptance of an Inherent Risk does not amount to acceptance of any risk caused or materially increased by PCA's negligence or breach of duty.

3 Athlete Health and Participation Declarations

3.1 The Athlete confirms that, to the best of their knowledge and belief, they are sufficiently fit and well to participate safely in the Event.

3.2 The Athlete must notify PCA, using the confidential health declaration included in the online Event registration form, of any medical condition, illness, injury, allergy, prescribed medication or other matter of which they are aware and which they reasonably believe may materially affect their ability to participate safely in the Event or may reasonably need to be known by PCA in responding to a medical emergency.

3.3 Where a disclosure under clause 3.2 gives rise to a reasonable concern regarding the safety of the Athlete or any other person, PCA will refer any concern to the Event Medical Provider for medical advice. Any decision to ask for medical clearance, the setting of conditions or to refuse Athlete participation will be made on the Event Medical Provider's advice and be made by the Event Director. The Event Director's decision will be recorded and explained to the Athlete.

3.4 A disclosure under clause 3.2 does not mean that PCA assumes responsibility for medically assessing, supervising or managing the Athlete's health or competition preparation.

3.5 The Athlete remains responsible for decisions concerning their personal preparation for an Event, including diet, fluid and sodium intake, medication and supplements, and for obtaining appropriate medical advice where required.

3.6 Nothing in these conditions should be understood as PCA recommending, endorsing or representing as safe any practice involving extreme dieting, deliberate dehydration or fluid restriction, sodium manipulation, diuretics, laxatives, stimulants, medication, supplements, performance-enhancing substances or any other potentially harmful competition-preparation practice.

3.7 The Athlete must not participate, or continue to participate in an Event, if they become aware that they are suffering symptoms which may indicate that it is unsafe to do so. In particular, an Athlete experiencing collapse or loss of consciousness, severe dizziness, confusion, chest pain, palpitations, unusual breathing difficulty, persistent vomiting or severe weakness must immediately cease participation, notify an Event Official or first-aider and seek appropriate assistance.

3.8 The Athlete agrees to comply promptly with any reasonable safety instruction given by an Event Official, first-aider or attending healthcare professional, including an instruction to cease participation.

4 Inherent Risks

4.1 The Athlete understands that participation in a bodybuilding competition places physical demands upon the body and carries risks which cannot reasonably be eliminated entirely even where reasonable precautions are taken. Subject to clause 2.3, those Inherent Risks may include:

(a) dehydration and the consequences of dehydration;

(b) dizziness, low blood pressure, changes in blood glucose levels, disturbances of electrolyte balance, cramp, weakness, fainting and collapse;

(c) adverse effects associated with restrictive dieting or competition preparation;

(d) muscle strain, muscular injury or joint pain associated with posing, pumping-up, prolonged contraction of muscles or holding poses;

(e) the effects of heat, stage lighting, prolonged standing or exertion;

(f) slipping, tripping or falling notwithstanding any reasonable precautions taken in relation to the condition of stages, steps, backstage areas and flooring;

(g) accidental contact or collision with another person in congested competition, backstage or public areas; and

(h) skin irritation, dermatitis, allergic reaction, eye irritation or respiratory irritation arising from exposure to tanning, glazing, oil, adhesive or grooming products.

4.2 Some of these risks are capable of causing serious injury or, in exceptional circumstances, death.

4.3 The Athlete voluntarily chooses to participate having been informed of the Inherent Risks described above.

4.4 For the avoidance of doubt, acceptance of an Inherent Risk does not relieve PCA, any person for whom PCA is responsible, or any independent contractor of responsibility for their own negligence or breach of any duty which cannot lawfully be excluded or restricted.

5 Safety Intervention

5.1 PCA may prevent, suspend or terminate an Athlete's participation where that is deemed necessary for their own wellbeing based on medical advice received from the Event Medical Provider or for the safety of others as determined by the Event Director. The Event Director will carry out those decisions and deal with any non-medical safety matters. All decisions will be recorded in the event log, with the time, the reason and the person or persons involved, and explained to the Athlete.

5.2 PCA may exercise the power in clause 5.1 notwithstanding that the Athlete believes themselves fit or wishes to continue competing.

5.3 An Athlete must comply immediately with a direction given under this clause.

5.4 A decision taken reasonably and in good faith under this clause is a safety intervention and is not a determination or diagnosis of the Athlete's medical condition.

6 Acrobatic Moves

6.1 Acrobatic Moves do not form part of any required or assessed pose or component of an Event and carry with them an inherent risk of injury to the Athlete undertaking them as well as to any Athlete or other person in the vicinity.

6.2 An Athlete must not undertake, attempt or encourage another Athlete to undertake an Acrobatic Move on a stage, backstage, in a pump-up area or in any other area controlled by PCA. Any Acrobatic Move performed by the Athlete is done entirely at the Athlete's own risk and contrary to the Event rules and may result in the Athlete's disqualification at the discretion of the Head Judge.

6.3 Any financial consequence of disqualification, including eligibility for refund of an entry fee, will be determined in accordance with PCA's published competition and refund rules applicable to the Event.

6.4 Nothing in this clause limits PCA's ability to take any additional action reasonably necessary to protect the safety of the Athlete or any other person.

7 Tanning Services

7.1 Tanning is optional but permitted during the Event and can be undertaken by the Athlete or by the Tanning Provider as an independent company operating under its own terms and conditions. PCA does not provide or apply tanning products. Athletes must disclose any allergies or skin conditions to the Tanning Provider.

7.2 Nothing in this clause excludes or restricts any liability of PCA or a Tanning Provider for negligence or any liability which cannot lawfully be excluded or restricted.

8 Liability

8.1 Subject always to clause 2.3, PCA is not responsible for injury, loss or damage to the extent that it:

(a) results from an Inherent Risk and was not caused or materially contributed to by PCA's negligence or breach of duty;

(b) was caused or materially contributed to by an act or omission of the Athlete;

(c) results from the Athlete's failure to comply with a reasonable safety instruction;

(d) results from an Athlete undertaking an Acrobatic Move contrary to clause 6; or

(e) was caused by another Athlete, spectator or third party in circumstances for which PCA is not legally responsible.

8.2 Nothing in clause 8.1 affects the application of the law relating to causation or contributory negligence. A medical condition or act or omission of an Athlete does not by itself exclude liability where negligence or breach of duty by PCA caused or materially contributed to the injury concerned.

8.3 The Athlete brings personal possessions to an Event at their own risk. PCA will not be responsible for loss of or damage to personal possessions except to the extent that such loss or damage results from PCA's negligence or other breach of duty.

8.4 Subject to clause 2.3 and to any rights which cannot lawfully be excluded or restricted, PCA's aggregate liability for loss or damage other than death or personal injury shall not exceed the greater of £500 and the entry fee paid by the Athlete for the relevant Event.

9 First Aid, Emergency Assistance and Insurance

9.1 PCA will make arrangements for first-aid provision at an Event having regard to its assessment of the nature and risks of that Event.

9.2 The Athlete consents to PCA, an Event Official or an appointed first-aider arranging first aid, contacting the emergency services or seeking other emergency medical assistance where they reasonably believe this is necessary.

9.3 Except in an emergency where it is not reasonably practicable to obtain consent, nothing in this clause authorises medical treatment beyond that which may lawfully be provided in the circumstances.

9.4 PCA is not a medical services provider. First-aid or emergency arrangements provided by PCA are not a substitute for an Athlete obtaining appropriate medical advice concerning their fitness to compete or their competition preparation.

9.5 PCA's public liability insurance does not provide personal accident cover for the Athlete. PCA recommends that the Athlete considers obtaining appropriate personal accident or other insurance for their participation.

10 Emergency Contact and Personal Information

10.1 When registering for the Event, the Athlete must provide PCA with the name and current telephone number of a person who may be contacted in the event of a medical emergency.

10.2 PCA may use and share relevant health and emergency-contact information where reasonably necessary to administer the Athlete's participation, protect health and safety, provide or arrange assistance, or respond to an incident, in accordance with applicable data-protection law and PCA's privacy information.

11 Other Matters

11.1 If any provision of this document is found to be invalid or unenforceable, the remaining provisions will continue in effect.

11.2 No person other than the Athlete and PCA shall have any right to enforce any provision of this document under the Contracts (Rights of Third Parties) Act 1999.

11.3 This document and any non-contractual obligations arising out of or in connection with it are governed by the law of England and Wales. The courts of England and Wales shall have jurisdiction, subject to any mandatory rights the Athlete may have as a consumer.

Declaration

I confirm that I am aged 18 years or older and have read and understood this document, including the information concerning health and participation, Inherent Risks, safety intervention and prohibited Acrobatic Moves.

I understand that participation in a bodybuilding competition involves risks which cannot be eliminated completely even where reasonable precautions are taken. I voluntarily choose to participate subject to those risks.

I agree to comply with the Event's safety rules and with any reasonable safety instruction given to me by an authorised Event Official, first-aider or healthcare professional.

I understand that nothing in this document excludes or restricts liability for death or personal injury caused by negligence or any other liability which cannot lawfully be excluded or restricted.

To assist PCA in safely managing the Event and my own wellbeing as an Athlete (which I accept as a "lawful basis" for the processing of my data under Article 6 UK GDPR) I consent to PCA collecting my relevant medical data and retaining it for up to four years from the date of the Event as may be necessary for the establishment, exercise or defence of legal claims.

This Declaration is accepted and signed electronically on the PCA registration form.