Martial Arts Training Waiver & Release

Training at

I wish to take part, or allow my child to take part, in martial arts instruction and related activities at , including classes, drills, conditioning, sparring, grappling or rolling, belt or rank testing, seminars, open mats, demonstrations and tournaments (the "Training").

Nature of the Training and Its Risks

I understand that martial arts are contact activities and that physical contact with instructors and training partners is an expected part of the Training. I understand that injuries are a known and inherent risk, even when participants are careful and follow the rules. These risks include:

- bruises, cuts, black eyes, bloody noses and split lips from strikes or accidental contact;
- sprains, dislocations, ligament tears and fractures from throws, takedowns, sweeps, joint locks and falls;
- neck and spinal injuries from throws, slams, chokes and stacking positions;
- concussions and other head injuries from strikes or impact with the mat, floor or walls;
- loss of consciousness from chokes or strangles;
- dental injuries and injuries to the eyes, ears (including cauliflower ear) and fingers;
- skin infections such as ringworm, impetigo, herpes gladiatorum and staph (including MRSA) from close contact and shared mats; and
- overexertion, heat illness and cardiac events during intense conditioning.

Rules and Responsibilities

I agree, for myself or my child, to:

- follow the instructions of instructors at all times and only spar or roll when permitted;
- train with control and respect for my partners, and stop immediately when a partner taps, says stop or an instructor calls time;
- tap early and clearly when caught in a submission, rather than risk injury;
- wear the protective equipment requires, such as a mouthguard, groin protection, gloves, shin guards or headgear, and keep it in good condition;
- remove jewelry, keep nails trimmed and wear a clean uniform for each session;
- not train with open wounds, skin lesions, rashes or a contagious illness, and report any suspected skin infection; and
- tell an instructor about any injury, head impact or symptoms such as headache, dizziness or nausea.

I understand that may remove me or my child from Training for safety reasons, including suspected concussion, until appropriate clearance is provided.

Health

I confirm that I, or my child, am physically able to take part in the Training. I have disclosed any medical condition, prior injury, concussion history, heart condition, asthma, seizure disorder or medication that could affect safe participation.

Assumption of Risk and Release

I voluntarily assume all risks of the Training, known and unknown. To the fullest extent permitted by law, I release , its owners, instructors, assistants, volunteers and training partners from all claims for injury, illness, death or property loss arising from the Training, including claims based on ordinary negligence, but not gross negligence or intentional misconduct.

Indemnification

I will indemnify against any claims arising from injuries I or my child cause to others through careless or reckless conduct, or from a breach of these rules.

Tournaments and Events

If I or my child enter tournaments, gradings or events away from , I understand that the event organizer's own rules and waivers will also apply, and that this release extends to travel and participation organized through .

Medical Treatment

In an emergency, I authorize to give first aid and to obtain emergency medical treatment and transport for me or my child, at my expense.

Minors

If the student is under 18, I am the student's parent or legal guardian. I have explained the rules above to the student. I agree to this waiver on the student's behalf and my own, to the extent permitted by law, and I will make sure the student is dropped off and picked up on time.

General

This waiver applies to all Training at until revoked in writing. If any part is unenforceable, the rest stays in effect. It is governed by the laws of the state or country in which operates.

Please initial each statement

___ I am at least 18 years old or am the parent or legal guardian of the student.

___ I understand martial arts training involves physical contact and a real risk of injury, including concussion.

___ I will follow instructors' rules, tap when caught, and wear required protective gear.

___ I will not train with a skin infection or contagious illness and will report any head injury.

___ I release {{business}} from liability as described in this waiver, to the extent permitted by law.

Participant full name

Date

Date of birth

Phone

Email

Emergency contact name & phone

Name(s) of minor participant(s)

Parent / guardian name

Signature