

Health, Fitness, Combat and Media Waiver Form



Student:

Name:

Phone:

Email:

Address:

Emergency Contact:

Name:

Relationship:

Phone:

In consideration of being allowed to participate in any way in the classes or sanctioned events of Honour Martial Arts.

- I certify that I am in good physical condition, and have no disease, injury or other condition that would impair my performance or physical and mental well-being during intense training practice and/or competition.
- I recognise and understand that martial arts training is a physical contact activity and that my participation might result in serious injury, including permanent disability or death, and severe social and economic loss.
- I recognise and understand that such risk may be due to not only my own actions, but also the action, inaction or negligence of others, the regulations of participation, or the conditions of the premises, or of any of the equipment used.
- I recognise that there may be other risks that are not known to me or to others or not reasonably foreseeable at this time.
- I agree to inspect the facilities, equipment and pairings prior to participation. I will immediately inform an instructor if I believe that anything is unsafe or beyond my capability and refuse to participate.
- I assume all of the foregoing risks and accept personal responsibility for any damages that may result from injury, permanent disability or death.
- I enter martial arts training and/or competition entirely of my own free will and understand the importance of following the rules of training and competition. I have been given a copy of the rules and regulations of Honour Martial Arts and agree to abide by the instructions given therein.
- I grant permission in case of injury to have a doctor, nurse, athletic training or other emergency medical personnel provide me with medical assistance or treatment for such injury.
- I release, waive, discharge and covenant not to sue, Honour Martial Arts, its affiliated organisations and governing bodies, instructors and personnel, from any and all liability to the undersigned, his or her heirs and next of kin for any and all claims, demands, losses and damages which may be sustained and suffered on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise.
- Photography and Image policy: I also give my permission for Honour Martial Arts to use photos and videos taken of me while undertaking fitness training. These images may be used on all social media platforms such as but not limited to Facebook, Twitter, Instagram and for promotion of Honour Martial Arts. Promotion of Honour Martial Arts includes, but is not limited to, websites, publications and any media coverage.

By signing below, I indicate that I have read, understand and agree with the terms in this health, fitness and combat waiver form:

Signed (by Parent or Guardian if student under 18 years old) :

Date: