Martial Arts Training Waiver

Participant signs before taking part in martial arts training. The academy countersigns and keeps a copy.

Academy and session details

ORGANISER NAME

CONTACT PHONE

DOJO OR ACADEMY

DISCIPLINE

START DATE

Participant

FULL NAME

EMAIL

PHONE

DATE OF BIRTH

BLOOD GROUP

CURRENT BELT OR LEVEL

HEIGHT (CM)

WEIGHT (KG)

EMERGENCY CONTACT NAME

EMERGENCY CONTACT PHONE

Health declaration

Any heart condition or epilepsy?

○ No ○ Yes

A past concussion or head injury?

○ No ○ Yes

Any joint, back or bone injury?

○ No ○ Yes

IF YES, OR ANY ALLERGY OR MEDICATION, GIVE DETAILS

☐ I am fit to take part in martial arts training and will tell the staff at once if that changes.

Risks of the activity

Martial arts training carries real risks, even with trained staff and good equipment. They include:

- Bruises, cuts, sprains and fractures from strikes, throws and falls
- Concussion during sparring
- Joint injuries from locks and holds
- Contact with blood or sweat from training partners

Rules

1. Wear a mouth guard and protective gear for all sparring.
2. Tap out or call stop at once when a hold hurts; partners must release immediately.
3. Keep nails short and remove jewellery before class.
4. Techniques learnt here are for training and self-defence only.

☐ I will follow them and any instruction from the staff. Staff may stop me from taking part if a rule is broken.

May the participant take part in full-contact sparring?

◯ Yes ◯ Light contact only ◯ No sparring

Assumption of risk and release

- I take part voluntarily and accept the risks described above, as well as risks that cannot be foreseen.
- To the extent the law allows, I release the academy, its staff and volunteers from claims for injury, illness, loss or damage arising from my participation, except claims caused by their gross negligence or wilful misconduct.
- I will compensate the organiser for loss caused by my own breach of the rules or deliberate damage to equipment or property.
- In an emergency, the staff may arrange first aid, transport and medical treatment for me. I will pay the reasonable costs that insurance does not cover.
- Nothing in this release limits any liability that cannot be excluded under Indian law, including the Consumer Protection Act, 2019.

Initials _____

☐ The organiser may use photos or videos of me taken during the activity in its own social media and promotion.

If the participant is under 18

A parent or legal guardian must also fill this section and sign on the participant's line, accepting this release on the minor's behalf.

PARENT OR GUARDIAN NAME	RELATIONSHIP	PHONE

General terms

- Governing law. This document is governed by the laws of India.
- Entire agreement. This document is the whole agreement between the parties on its subject and replaces earlier discussions.
- Amendments. Changes are valid only in writing signed by both parties.
- Severability. If a clause is unenforceable, the rest of the document still applies.
- Electronic signatures. The parties agree to sign electronically; electronic signatures and records are valid under the Information Technology Act, 2000.

Participant

SIGNATURE

PRINTED NAME

DATE

Academy

SIGNATURE

PRINTED NAME

DATE