

**Daughters of the Arts
Martial Arts Seminar & Clinic**

Warning, Waiver, Release of Liability and Agreement to Participate

Instructions

This agreement and release must be signed by all participants and their parent(s) or guardian(s), if the participant is a minor (under 18), who wish to participate in this seminar.

PLEASE READ CAREFULLY BEFORE SIGNING

In consideration of being allowed to participate in any way in the seminar, I hereby:

1. Agree that prior to participating, I will inspect the mat, equipment, facilities, and any competition pools or pairing to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my instructor or supervisor of such condition(s) and refuse to participate.
2. Acknowledge and fully understand the Martial Arts are a physical contact sport and that I will be engaging in activities that might result in serious injury, including permanent disability and death and severe social and economic loss due to my own actions, negligence of others, or conditions of the premises or any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.
3. Assume all risks involved in the sport of Martial Arts and accept personal responsibility for the damages following such injury, permanent disability or death.
4. Enter Martial Arts practice entirely of my own free will and understand the importance of following all directions given me by instructors and other officials.
5. 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 in the intense physical practice, training or competition.
6. Grant permission in case of injury to have a doctor, nurse, athletic trainer or other medical emergency personnel provide me with medical assistance or treatment for such injury.
7. Release waive, discharge and covenant not to sue Daughters of the Arts, Train For Life also known as TFL, Individual instructors or promoters, other participating organizations, their affiliated clubs and schools, their respective administrations, directors, agents, instructors, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parent(s), guardian(s), supervisors, instructors, sponsoring agents, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the class or event, all which are hereinafter referred to as "releases," from any and all claims, demands, losses, or damages on account of injury, including permanent disability and death or damages to property, caused or alleged to be caused in whole or in part by the negligence of the releases or otherwise.
8. I/We the parent(s) or legal guardian(s) of this minor participant have instructed or will instruct the minor participating to the above warning and conditions and their ramifications and I/We additionally confirm and agree to all of the above statements, conditions, waivers, and releases, and consent to the minor's participation.

I /WE HAVE READ THE ABOVE WARNING, WAIVER, AND RELEASE, UNDERSTAND THAT I/WE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY.

(Print name of Participant)

(Signature)

(Date)

(Print name of Parent/Guardian)

(Signature)

(Date)