

Aikido Bozankan BigRock Aikikai Club of Calgary

Participant's Agreement

Name of Participant: _____ Age (If under 18) _____

ALL SPORT, INCLUDING AIKIDO, HAS ITS RISKS

I participate in the sport of Aikido because it is physically and mentally challenging. I understand that Aikido training is practiced without protective clothing or equipment. In consideration of my participation in such programs, activities and events, I hereby acknowledge and am aware of the risks and hazards associated with or related to the martial art of Aikido. These include, but are not limited to, injuries resulting from:

- Ongoing physical contact with the instructor and other students;
- Striking objects with parts of the body;
- Executing strenuous and demanding physical techniques;
- Collisions with the wall, floor, other students and instructors;
- Extreme changes in temperature;
- Tumbling, falling or being thrown to the floor;
- Strenuous cardiovascular workouts;
- Exerting and stretching various muscle groups;
- Executing self-defence escapes and techniques;
- Dehydration;
- Travel to and from competitive events and associated non-competitive events which are an integral part of the organization's activities.

Initials: _____

Furthermore, I am aware:

- That injuries sustained in Aikido can be severe;
- That I may come into close contact with other participants, including the possibility of accidental and unexpected touching;
- That I may experience anxiety while challenging myself during the activities;
- That my risk of injury is reduced if I follow all rules adopted during training and competition; and
- That my risk of injury increases as I become fatigued.

I AGREE TO BE RESPONSIBLE FOR MYSELF

I am participating voluntarily in these activities, events and programs. I agree that there are risks in Aikido as described above. By participating voluntarily in these events, activities and programs, I am exposed to these risks and hazards. I agree to accept them and be responsible for any injury or other loss which I might receive while participating in these events, activities and programs.

If something happens to me, I release the organizers of responsibility for any claims, demands, actions and costs which might arise out of my participation. In this Agreement I understand "organizers" to mean: Aikido Bozankan BigRock Aikikai Club of Calgary, Canadian Aikido Federation, its directors, officers, members, employees, independent contractors, instructors, coaches, volunteers, officials, participants, clubs, agents, sponsors, owners/operators of the facility, and representatives.

I ACKNOWLEDGE MAKING THIS AGREEMENT

I acknowledge that I am physically fit to proceed with this type of vigorous training. I have read and understood the terms and conditions of this agreement, and by signing it voluntarily, I am agreeing to abide by these terms.

Printed Name of Participant

Signature of Participant

Printed Name of Parent or Guardian

Signature of Parent or Guardian

Date