

Release and Indemnity Agreement
Aikido Yuishinkai Australia Special Training Event
Griffith Aikido Institute Inc.

This document will affect your legal rights and liabilities

Please read carefully before signing

I am aware that Aikido is a martial art and hence certain traditions and principles must be understood and observed at all times. The practise of Aikido involves an element of danger and unpredictability and permanent and serious injury could possibly result from the participation in Aikido practise.

I freely accept and fully assume all such risks, dangers and hazards and the possibility of personal injury, death, property damage or loss resulting from such risks, dangers and hazards.

I hereby agree as follows:

1. TO ASSUME AND ACCEPT ALL RISKS, DANGERS AND HAZARDS in connection with the practise of Aikido.
2. TO WAIVE ANY AND ALL CLAIMS that I may have against Aikido Yuishinkai Australia/ Griffith Aikido Institute Inc., their directors, officers, employees, agents and representatives.
3. TO RELEASE against Aikido Yuishinkai Australia/Griffith Aikido Institute Inc., from any and all liability for any loss, damage, injury or expense that I, or my next of kin, may suffer or incur as a result of my actions due to any cause whatsoever, INCLUDING NEGLIGENCE ON THE PART OF Aikido Yuishinkai Australia// Griffith Aikido Institute Inc.,
4. TO HOLD HARMLESS AND INDEMNIFY against Aikido Yuishinkai Australia// Griffith Aikido Institute Inc., from any and all liability for property damage, personal injury or death suffered by myself or by a third party as a result of (a) my use of the facilities and/or (b) my breach of the terms and conditions upon.
5. THAT THIS RELEASE AND INDEMNITY AGREEMENT shall be effective and binding upon my heirs, next of kin, executors, administrators, ad assigns, in the event of my death;
6. TO OBEY all warning signs and other notices posted within the facilities and to obey the Code.
7. Carefully follow the training instructions, dojo rules for etiquette and safety at all times during my practise of Aikido.
8. I am not required to perform any techniques or practise in any situation, which I consider to be unsafe, in which case I agree to notify the instructor immediately of my concerns.

I further represent that I am able to participate in and undertake physical exercise and I am not aware of having any physical, medical, mental or health disability or conditions or disease which might or could be aggravated or worsened by physical exercise or which might or could result in deterioration of health if physical exercise is undertaken.

I have read and understood this Release and Indemnity Agreement prior to signing it and am aware that by signing this document, I am affecting the legal rights and liabilities of myself, my heirs, next of kin, executors, administrators and assigns.

Further I acknowledge that I have read the Student Code of Conduct.

Signed: _____ Witness: _____

Name: _____ Name: _____

Date: _____ Date: _____

Parent or guardian signature (if applicable)

The above named participant is under the age of 18.

I am a parent/guardian of the participant and am aware of the risks involved and I further consent to the above named participation in Aikido.

I further agree to be bound by the terms of this Release and Indemnity Agreement.

Signed: _____ Witness: _____

Name: _____ Name: _____

Date: _____ Date: _____

Medical & Emergency Contact Information

Aikido Yuishinkai Australia Special Training Event Griffith Aikido Institute Inc.

Name: _____

M / F Age: _____ D.O.B ____ / ____ / ____

Address: _____

Post Code _____

Home Ph. _____ Work Ph. _____ Mobile. _____

Email: _____@_____

Occupation: _____

MEDICAL INFORMATION - (Medical clearance to practice aikido may be required, instructors reserve the right to refuse or limit applicants participation in Aikido training.)

1. Existing or previous illness, injuries, weakness, disability and treatment eg. diabetes, asthma, epilepsy neck, back or knee problems etc (Please use exact protocol in case of attack – use rear of sheet)

2. Allergies (eg. Medication, elastoplast, food, insect bites etc.)

3. Any other health information that may impact on your wellbeing and safety and that of others. This includes both physical and mental health issues, regular medication, infectious diseases such as HIV, hepatitis etc. (Use other side if necessary)

4. My medical practitioner is: _____ ph. _____

Current ambulance insurance YES / NO

5. List below any medications I will be carrying with me for any reason and how they are to be used.

6. Emergency contact name (during seminar) _____

Relationship _____

ph. _____ mobile _____

INDEMNITY Please read the following statement carefully before signing below.

If in the case that I am unable to consent to my receiving emergency medical treatment as may be deemed necessary including ambulance transport, I authorise the instructor in charge to consent to such treatment on my behalf. Further I will reimburse and indemnify Aikido Yuishinkai Australia/ Griffith Aikido Institute Inc., for any expenses incurred and not covered by insurance.

I have read and agree to abide by the Student Code of Conduct.

Name: _____ (Parent/Guardian if applicable)

Signature: _____ Date: ____ / ____ / ____

Student Code of Conduct

The Head Dojo Instructor/Instructor reserves the right to direct students to cease training and leave the mat and/or premises.

Successful risk management is best achieved when all students adopt a spirit of responsibility in regard to safety issues. Students should be aware of and agree to adhere to, the following measures:

Prior to Training

- a. Be aware of the dojo's safety policies before undertaking training. Advice is available from Instructors.
- b. Notify the Head Dojo Instructor/Instructor of any pre-existing medical condition or disability prior to training. For serious conditions a medical clearance must be obtained.
- c. After serious injury or illness, students should not return to physical training until the student has fully recovered. If there is any doubt, a medical clearance must be obtained.
- d. Students must not participate if they have injuries or conditions such as serious cuts or abrasions, rashes, boils or any other contagious condition. Minor abrasions and cuts must be adequately dressed and covered prior to training.
- e. Remove jewellery, watches and other ornaments which may cause injury.
- f. Long hair must be secured.
- g. Fingernails and toenails must be smooth and short.
- h. Wear a training gi or other appropriate clothing and ensure that it is in good repair.
- i. Ensure that weapons are in good repair and stored in appropriate manner when not in use.
- j. Cleanliness of both clothing and person is essential.
- k. Never train under the influence of drugs or alcohol.

During Training

- a. At all times, obey the instructions of the Instructor including the direction to cease training.
- b. Students may opt to decline to participate in any activity they feel uncomfortable with.
- c. Students should train at a level they feel comfortable with. Always attempt a technique/activity at the basic level before proceeding to a more advanced level.
- d. Partners should train at the level of the least experienced partner.
- e. Competency at rolling and break falling is developed over a long period of time. Partners should agree prior to training whether they are prepared to take a fall (ukemi). Proceed slowly.
- f. Take care to avoid collisions on the mat by being aware of the other students training on the mat.
- g. Train only in the specific technique demonstrated by the Instructor.
- h. Freestyle training must be supervised by an Instructor.
- i. Report all accidents to the Instructor immediately. Exercise universal precautions in regard to blood-borne pathogens.
- j. Notify the Instructor if any medical condition becomes apparent during training that may affect safety.
- k. Students should pace themselves according to their level of fitness and competency.
- l. Students should avoid dehydration and over-exertion.