

## WAIVER AND RELEASE OF LIABILITY – IMPORTANT, PLEASE READ CAREFULLY

I acknowledge that Aikido Gold Coast may carry no insurance against liability for injury to any of its students or persons present at the training sessions. I agree that before using the mat or any equipment at the training venue, I will inspect the facilities, and if I believe that anything is unsafe I will immediately advise the organisers and will refuse to participate in training any further.

I will not attempt any activity that exceeds my level of skill and/or training. I realise that the study of aikido requires proper conditioning and training.

I understand that there are risks and dangers associated with aikido training, including but not limited to: bodily injury, communicable diseases, partial or total disability, and death. I understand that, in accordance with the law, Aikido Gold Coast does not exclude from training individuals with medical conditions that do not pose a medically recognised threat to the health and safety of themselves or other students in the normal course of training. I understand that there may be some circumstances in which these medical conditions will require special caution on my part to minimise danger to myself and others and I acknowledge that it is my responsibility to act on all such occasions with a corresponding level of care.

I understand that some students may be infected by HIV, hepatitis B or other diseases which can be transmitted by the exchange of blood or other bodily fluids and that I may be training with them. I agree that I will follow exactly any instructions that may be given that are aimed at minimising the spread of communicable diseases.

I understand that risks and dangers may be caused by the negligence of myself or others whilst I am attending the training sessions. Such negligence may result from the acts or omissions of my training partner, others who are training around me, guests, or instructors of Aikido Gold Coast. They may also result from the state of the premises in which the training is taking place ('the premises').

I voluntarily assume all risks of death, illness or personal injury sustained whilst participating in, or observing the training, whether or not these risks are caused by the negligence of any other person (natural or legal).

I agree to accept all such risks and responsibility for all loss and damage consequent upon them, whether caused in whole or in part by the negligence of Aikido Gold Coast, its representatives, agents, guests, instructors, other participants in the training sessions; or by the owners or occupiers of the premises (including their officers, directors, agents and employees).

I release Aikido Gold Coast, together with the agents, instructors, employees of and all individuals associated with Aikido Gold Coast and with the premises (hereinafter referred to as 'Related Parties') from all liability, claims, demands or actions whatsoever arising out of damage, loss or injury to me while upon the premises or while participating in aikido training or associated activities, whether such loss, damage, or injury results from negligence or otherwise.

I agree that I will not sue or make claim against related parties in respect of any loss or injury arising from my participation at all Aikido Gold Coast training sessions, or from the state of the premises.

I understand that aikido is an educational system. I agree to abide strictly by the training rules of Aikido Gold Coast and to follow exactly all instructions given by instructors during the course of my training. I agree to watch out for others in the training area and while training on the mat and to follow all rules posted or explained to me. Should I break any of these rules I understand that it is the decision of Aikido Gold Coast instructors or organisers whether I may continue training. I will abide by their decision.

In signing this agreement I am stating that I know what I am doing and that I take responsibility for my own acts, that I have read carefully and understand this agreement and that I fully agree with each statement contained in the agreement and that I am responsible for myself and will be considerate of others.

**I MAKE THIS AGREEMENT ON BEHALF OF MYSELF, MY SUCCESSORS, EXECUTORS AND DEPENDANTS. I ALSO CERTIFY THAT I AM AN ADULT OVER 18 YEARS OF AGE.**

Participant's Name ..... Participant's Signature ..... Date .....

Witness Name ..... Witness Signature.....

### **For Parents or Guardians of Minors (if participant is under 18 years of age)**

I consent to allow the minor named above to participate in aikido training at all the Aikido Gold Coast training sessions I agree that he or she will do so subject to the terms and conditions of the waiver set out above and agree to bind myself, the minor, and all successors, executors and dependants of the minor to those terms.

I will instruct the minor to inspect the facilities and that if (s)he believes anything to be unsafe (s)he will immediately advise Aikido Gold Coast and will refuse to participate in further training.

I agree on behalf of the named minor to waive all legal rights he or she may hold against Aikido Gold Coast, agents, instructors, employees of and all individuals associated with Aikido Gold Coast or the premises, in respect of any personal injury, disability or illness resulting from the minor's participation at all the training sessions, or use of the premises. I undertake to indemnify Aikido Gold Coast against all liability for all such injury or loss, howsoever caused.

Parent/Guardian's Name..... Parent/Guardian's Signature..... Date.....

Witness Name..... Witness Signature.....