

Gōdō Martial Arts Adult Assumption of Risk and Liability Waiver

Important Notice: Martial arts training carries inherent risks, including physical exertion, contact with others, and the possibility of injury. This document outlines these risks and ensures that you, as a participant, acknowledge and accept them before engaging in any training activities at **Gōdō Martial Arts**.

1. Participant Details

Full Name: _____

Date of Birth: _____

Contact Number: _____

Email Address: _____

Emergency Contact Name: _____

Emergency Contact Number: _____

2. Acknowledgement and Assumption of Risk

I, **[participant's full name]**, wish to participate in martial arts training at **Gōdō Martial Arts**, which includes training in **Freestyle Martial Arts** along with other self-defence and combat techniques.

I acknowledge that martial arts training involves rigorous physical exertion, close contact with other participants, and potential impact with training equipment, surfaces, and the ground. These activities present **inherent risks**, including but not limited to:

- Bruises, strains, sprains, fractures, and dislocations.
- Concussions, head trauma, and impact-related injuries.
- Joint injuries, muscle tears, or soft tissue damage.
- Risk of falls, slips, or accidental collisions with other participants.
- Rare but serious risks including paralysis or death.
- Emotional or psychological distress related to high-intensity training.
- Exposure to communicable diseases due to close-contact training.

I understand that while **Gōdō Martial Arts** and its instructors take every reasonable precaution to promote safety and teach injury-prevention methods, it is **not possible to eliminate all risks** associated with martial arts training. I voluntarily accept full responsibility for my participation, with full knowledge of these risks.

By signing this document, I expressly accept and assume all risks associated with participating in martial arts training at **Gōdō Martial Arts**. This assumption includes risks arising from the **negligence** of the club, its instructors, owners, employees, volunteers, or other participants, as well as any risks related to equipment or premises.

3. Fitness to Participate and Medical Disclosure

I confirm that:

- I am physically and mentally fit to participate in martial arts training.
- I do not have any pre-existing medical conditions that would place me at undue risk while participating.
- If I have any medical conditions (e.g. asthma, epilepsy, diabetes, heart conditions, or joint problems), I have disclosed them to **Gōdō Martial Arts** and understand that participation is at my own risk.
- I take full responsibility for managing my own health and any existing medical conditions during training.

Do you have any medical conditions that the club should be aware of?

☐ No

☐ Yes (please provide details): _____

4. Code of Conduct and Safety Responsibilities

As a participant at **Gōdō Martial Arts**, I understand that I have a duty to train responsibly and to follow all safety guidelines, including:

- Listening to and following instructions from instructors and staff.
- Maintaining control and discipline in all training activities.
- Wearing appropriate protective gear where required.
- Respecting training partners and avoiding reckless behaviour.
- Informing an instructor immediately if I feel unwell or sustain an injury.
- Not participating in training while under the influence of alcohol, drugs, or any substances that may impair my judgment.

Failure to adhere to these responsibilities may result in my exclusion from training at **Gōdō Martial Arts**.

5. Release of Liability

In consideration of being permitted to participate in martial arts activities at **Gōdō Martial Arts**, I, on behalf of myself, my heirs, executors, and assigns, hereby release, waive, and discharge **Gōdō Martial Arts**, its owners, directors, instructors, employees, agents, and representatives from any and all liability for injuries, accidents, illnesses (including death), property loss, or any other claims resulting from my participation in martial arts activities.

This waiver includes, but is not limited to, claims arising from:

- Negligence on the part of **Gōdō Martial Arts** or its instructors.
- Injury due to defective or inadequate equipment.
- Accidents occurring on the premises or during club-sanctioned activities.
- Acts or omissions of other participants.

Note: This waiver does not exclude liability for injury or loss caused by proven negligence or breach of duty under UK law.

6. Acknowledgement of Understanding

I confirm that:

- I have read and fully understood this **Assumption of Risk and Liability Waiver**.
- I am signing this document freely and voluntarily.
- I understand that this agreement limits my legal rights and that I am waiving any claims against **Gōdō Martial Arts** for injuries or losses sustained during training.
- I agree to abide by all safety guidelines and club policies.

Participant Signature: _____

Date: _____

Instructor Witness: _____

Date: _____

If you have any questions regarding this form or the risks associated with martial arts training, please speak to an instructor before signing.
