



## WAIVER AND RELEASE OF LIABILITY

### PLEASE READ THE FOLLOWING CAREFULLY

This is activity waiver & release between Mandala Jiu Jitsu School and the participant in consideration of the covenants and agreements contained in this Agreement.

1. The participant wishes to participate in the activities organised by the Mandala Jiu Jitsu school. The activities organised by the Mandala Jiu Jitsu School include but are not limited to Brazilian jiu jitsu classes, grading ceremony, in-club competitions, attending competitions and social gatherings.
2. The participant understands that whilst every care will be taken to give safe instruction, the participant accepts full responsibility and considers themselves fit to exercise. The participant acknowledges that the participant does not have any physical limitation, medical alignments, physical or mental disabilities that would limit or prevent the participant from participating in the activities organised by the Mandala Jiu Jitsu School. If appropriate, the participant will obtain a medical examination and clearance. The participant accepts that it is their responsibility to inform their individual instructor of any medical condition that may affect their health whilst under the instruction.
3. The participant acknowledges that their participation in the activities provided by the Mandala Jiu Jitsu School entails known and unknown risks that could result in physical or emotional injury, paralysis, death or damage to themselves to property or to third parties. The participant voluntarily assumes responsibility for any risks or loss, property damage or personal injury, including death , that may be sustained by them, or loss or damage to property owned by the participant as a result of participation in activities provided by Mandala Jiu Jitsu School.
4. The participant acknowledges that they are responsible for their own safety and the safety of others whilst partaking in the activities. They understand that the activities may be undertaken without direct supervision following instructions and they agree to ensure that they comply with any instructions given at any time during the activities by staff members of the Mandala Jiu Jitsu School.
5. The participant acknowledges that the Mandala Jiu Jitsu School is not liable for damage or loss to them, third parties or property however incurred whilst undertaking activities or on the premises belonging to the Mandala Jiu Jitsu School.
  
9. The participant expressly agrees and promises to accept all risk existing and subsisting in the activity and acknowledge that their participation in the activity is voluntary and that they elect to participate despite of the risks. The participant releases and agrees to indemnify the Mandala Jiu

Jitsu School, together with its equipment suppliers and manufacturers, from any and all claims demands or courses of action which are in any way connected with the participation in the activities.

I confirm that I have read this Agreement and fully understand its terms. If applicable, I assert that I have explained the risks of the activity to my child or ward and that he or she understands the agreement.

I am completing this waiver as a participant. I certify that I am 18 years of age or older.

or

I am completing this waiver as the parent or legal guardian of a minor / ward. I certify that I am 18 years of age or older.