**Rarebreed Martial Arts**

ASSUMPTION OF RISK

JUNIOR

Martial arts – as with all sports – carry an inherent risk of injury or harm and it is essential that you are fully aware of these dangers *before* permitting your child the opportunity to participate in our class. Please read carefully the following document and sign **only** if happy to proceed.

Martial Arts carry inherent risks. Whilst your instructor will always do what is possible to minimise these risks and mitigate the possibility of harm occurring, there are certain dangers that are unavoidable.

Because of the nature of martial arts – and unarmed combat training – there is a managed exposure to potential risks throughout training with Rarebreed Martial Arts. These include, but are not limited to, Slips, Trips, Sprains, Falls, Cuts, Abrasions, Contusions, Swelling and in some more uncommon cases, breaks and other injuries. Whilst the club’s safety record is exemplary it’s important to us that you understand the nature of what your child is about to participate in, and that you are happy to assume all risks having been made aware in advance of what these might be.

We train in an unarmed combat discipline – Muay Thai. There is an element of physicality within all of our classes, and general physical activity is part of the training.

All participants have the right to stop training at any point should they not feel comfortable performing any set technique or exercise, and they are under no pressure to complete any drill, technique or exercise if they do not wish to. The instructor will make clear before the session all rules and important safety guidelines. We ask that you remind your child of this.

If you do give permission for your child to participate within the class we ask that you take a moment to consider the nature of self defence training and the techniques this might entail. Injuries are generally uncommon, but we cannot offer any guarantees. Your child’s co-operation with fellow students, and their attention to the instructor is essential and we would ask you to, as condition of their participation, ensure they listen to instructions carefully to help avoid injury.

You are welcome and encouraged to speak to the instructor if you’re not completely at ease with the risks being assumed, or not completely confident about what our classes entail.

**Please ensure the instructor is aware of any medical conditions or injuries relevant to your child BEFORE the class commences.**

Thank you.

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, having read in full the above assumption of risk disclosure, confirm that I am happy and willing to provide acceptance to the assumption of risks as presented on behalf of my child and do so with a clear understanding of the potential risks. I have done so in my own confidence and wish for my child to participate.

Child’s Name: