



Manchester Police Activities League

MARTIAL ARTS PROGRAMS (JUDO / KARATE)

Instructions: Complete form and bring to the trial class. Please give to instructor prior to having your child join the class.

Participant Trial Form: PAL Martial Arts Programs (Judo / Karate)

Potential Students, Parents & Guardians: You and/or your child is more than welcome to participate in a trial class with the Manchester PAL Martial Arts Program. PAL requires that prior to participation in a trial class that this form be reviewed and completed in its entirety. No guest will be allowed to participate in a trial class without the appropriate completion of this form. Please give this form to a PAL instructor prior to your student beginning his/her trial class.

Parents and/or guardians are required to remain present throughout the trial class and are responsible for the appropriate behavior of their child or legal ward. Manchester PAL & the PAL staff reserve the right to remove from the class and/or facility any guest participant, parent, or other visitor who does not behave in a safe, respectful, and appropriate manner. Thank you for your cooperation.

TODAY'S DATE: _____

GUEST PARTICIPANT'S NAME: _____ DATE OF BIRTH: _____

ADDRESS: _____

PARENT / GUARDIAN: _____ RELATIONSHIP: _____ CELL #: _____

HOME #: _____ WORK #: _____ EMAIL: _____

Please provide this form to a PAL Staff or Instructor before participating or allowing your child to participate in the trial class.

Waiver & Release of Liability/Hold Harmless Agreement

The martial arts are a physically demanding and potentially dangerous activity. Bumps, bruises, scrapes, scratches, and soreness are commonplace, and most students will encounter this sort of minor injury from time to time in their training. More serious injuries are possible, including sprains, strains, twists, cramps, and injuries of similar magnitude, and students can expect to encounter these injuries infrequently. The possibility of more serious injury exists, including fractured bones, broken bones, torn ligaments, though not all students encounter such serious injuries. There remains, despite safety precautions, the remote possibility of crippling or death, though this is certainly not expected in these martial arts programs.

By this Waiver, I assume any risk, and take full responsibility and waive any claims of personal injury, death or damage to personal property associated with Manchester Police Activities League, Inc. or any other related club, school, business or organization sanctioned by Manchester PAL to occupy any PAL location for the purpose of martial arts training or any other event or activity on-site or at any off-site location which includes, but is not limited to the schools, clubs, or organizations listed at the top of this participant form.

I understand and confirm that by signing this WAIVER AND RELEASE I have given up considerable future legal rights. I have signed this agreement freely, voluntarily, under no duress. My signature is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE of all liability to the full extent of the law. I am 18 year of age or older and mentally competent to enter into this waiver on behalf of myself or on behalf of my child/ legal ward.

On behalf of myself or my child / legal ward, I hereby state that I fully understand that these training activities involve risk and danger of serious bodily injuries including permanent disability, paralysis, or death. I fully accept and assume all risks and all responsibility for losses, costs, and damages incurred as a result of participation in all activities at the Manchester PAL Center, 642 Hilliard Street Manchester, CT 06042 or at any other location in which a training, special event, activity, social event, or demonstration that may take place at the Manchester PAL Center, 642 Hilliard Street Manchester, CT 06042 or any and all offsite locations.

I waive and hold harmless the Manchester Police Activities League, Inc., its officers, employees, volunteers, agents, instructors, and students, including instructors, students, guests, and any other instructors or participants from related clubs, schools, businesses or organizations given permission conduct training or any and all related activities, during any such activities or events onsite or at any offsite location, which includes, but is not limited to the schools, clubs, or organizations listed at the top of this participant form. I agree not to bring, or cause to be brought, any claim or suit against Manchester PAL, the school, instructors, staff, guests, students, landlord, or any other parties, which includes, but is not limited to the schools, clubs, or organizations listed at the top of this participant form., on behalf of myself or for my child/legal ward for any injury or harm sustained by any event short of a criminal act, and then only the criminal shall be the subject of such a claim. I also agree not to cooperate in the bringing of such a suit or claim except insofar as I may be legally required to do so.

Finally, I shall indemnify, save, and hold harmless the Manchester Police Activities League, its officers, employees, staff, volunteers, agents, the school, instructors, sanctioned instructors, guest instructors, guests, students, and any and all additional defendants covered by this agreement, which includes, but is not limited to the schools, clubs, or organizations listed at the top of this participant form for any and all judgments, costs, attorney fees, litigation expenses, loss liability, damage, and all other expenses incurred as a result of a breach of this agreement or that might be incurred as the result of any such claim.

If the participant is a minor child the legal Guardian or parent has fully understood the terms above and consents to acceptance of this release for myself and child to be involved in such activities.

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Dated: _____ Guardian Name(if applicable): _____

Signature : _____