

GET FIGHTING FIT – Kickboxing

KICKBOXING IS A MARTIAL ART THAT REQUIRES RESPECT AT ALL TIMES.

Participating in contact sports such as Kickboxing is to be undertaken with the knowledge that each person has a duty of care for themselves and fellow students. Some exercises will require working in pairs which can result in some contact. While the instructor will demonstrate each technique to ensure that the chances of injury are limited, it is important that each student is responsible for their own actions. Any injury sustained during training is at the participants own risk.

While all measures are taken to prevent the chances of injury, in some cases injuries such as strains, sprains, cuts & bruising can occur. In extreme cases, usually associated with falling, some people may experience broken limbs. Get Fighting Fit, Malcolm Caldicott or Miskin Manor Health Club cannot be held responsible for any injury sustained while taking part in Kickboxing. All students who wish to participate do so at their own risk.

Health and Safety of each participant is paramount in Kickboxing. Therefore, all instruction should be adhered to at all times.

By signing this disclaimer, I, the undersigned, acknowledge that I am participating at my own risk and will not hold Get Fighting Fit, Malcolm Caldicott, Miskin Manor Health Club or other students responsible for any injury sustained.

I also acknowledge that I have read and understood The Code of Conduct provided by Malcolm Caldicott of Get Fighting Fit. I agree to follow these at all times and understand that failure to do so can result in removal and suspension from future classes.

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Name

Signed.....

Parent/Guardian to sign if child is under 16 years of age.

Date