



**BEARSDEN MARTIAL ARTS CLUB (ADULT)
SELF DEFENCE CLASS APPLICATION**

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PERSONAL DETAILS.

NAME..... DATE OF BIRTH.....
ADDRESS..... E-MAIL.....
.....
.....
POST CODE.....
TEL NO:
EMERGENCY CONTACT NO:

.....
HEALTH DECLARATION. (Please tick as applicable)

Do you suffer from any medical condition? Yes..... No.....
If so, please specify.....
Do you require to take any medication? Yes..... No.....
If so, please specify.....
If so, do you require medication to be taken during class? Yes.... No...
.....

CONSENTS:

Please sign to acknowledge your agreement to these statements:

I agree to my data being stored for the purposes of club membership management and club notifications and will take responsibility for any updating of preferences and contact details if they change.

Signed.....

I consent to photograph and video being taken for the purposes of club practice development and to be occasionally used by the club for the purposes of club building and club advertising.

Signed.....

Please note our Privacy policy <https://www.bearsdenmartialarts.org/info.html>

ASSUMPTION OF RISK

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* taking part in our class. Please read carefully the following paragraphs and sign if happy to proceed.

This is a self-defence class and you will be properly supervised , however it is important that you are aware that we use martial arts techniques.

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 – combined with martial arts based fitness training, you will be exposed to many potential risks throughout your time training with BMAC. 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 you are 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 a combination of unarmed combat disciplines – mixed martial arts, karate and others. We also combine fitness drills into most of our training, with some key martial arts based fitness and martial arts based conditioning too. You always have the right to stop training at any point should you not feel comfortable performing any set technique or exercise, and you are under no pressure to complete any drill, technique or exercise if you do not wish to. If you do continue with this class and any subsequent classes we ask that you take a moment to consider the nature of an intense combat class and what that might entail, including the above possible risks as identified – and any other potential injuries, such as contact during sparring, concussion, breaks and others. These are very uncommon – but they can occur. Please ensure you’re happy to assume the inherent risks that come with training in martial arts.

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

I, _____, (print name) having read in full the above assumption of risk disclosure, confirm that I am happy and willing to accept the assumption of risks as presented and do so with a clear understanding of this class, and any other subsequent classes potential for injury or harm. I have done so in my own confidence and wish to participate without warranty or guarantee.

Signed.....

Date.....

PAYMENT OF CLUB FEES

There is a fee of £30 for this class, to cover 6 weeks instruction and insurance.

The fee can be paid by bank credit transfer or by cash or cheque (made payable to Bearsden Martial Arts Club).

Payment by bank credit transfer should be made to :

Bearsden Martial Arts Club

Bank Account number. 00144618

Sort code. 80-05-57

Reference: Your name

NB. You are not covered by the insurance until the fees are paid and your membership has been registered.

I hereby agree that it is my responsibility to ensure that my fees are paid and that I am not covered by insurance until the fees are paid.

I also agree to abide by the rules of the club. All Club policies are available at: <https://www.bearsdenmartialarts.org/info.html>

SIGNATURE.....

DATE.....