

# Program Waiver and Release

## Important Information



The MAAC is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The MAAC continually strives to reduce risk and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this program must recognize that there is an inherent risk of injury when choosing to participate in martial arts. You are solely responsible for determining if you or your minor child/ward is physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way, or has recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

### Warning of Risk

**Mixed Martial Arts and Grappling** are intended to challenge and engage the physical, mental, and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury including, but not limited to, head/brain injuries, and bone and joint injuries. All hazards and dangers cannot be foreseen. The very nature of **Mixed Martial Arts/Grappling** is hazardous and risky, including, but not limited to acts of sparring, competing, instructor demonstration/instruction, unsportsmanlike conduct, lack of or incorrect technique, failure to wear protective equipment, recklessness, loss of control, inadequate supervision or instruction, lack of physical conditioning, mismatch of opponent's size, strength or skill, poor warm-up, equipment failure, poor officiating, premises defects, and all other circumstances inherent to the sport of martial arts. In this regard, it is impossible for The MAAC to guarantee absolute safety.

### Waiver and Release of All Claims and Assumption of Risk

Please read the form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability, and will be waiving and releasing all claims for injuries, damages, or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services and vehicle operations, when provided).

I, \_\_\_\_\_, recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume full risk of any and all injuries, damages or loss, regardless of severity, that I or my minor child/ward may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against The MAAC, including its officials, agents, volunteers, and employees.

**I have read and fully understand the above important information, warning of risk, assumption of risk, and waiver and release of all claims. If registered on-line or via fax, my online or facsimile signature shall substitute for and have the same legal effects as an original form signature.**

Date \_\_\_\_\_

Please Print Name \_\_\_\_\_

Participant Signature \_\_\_\_\_

(Parent/Guardian if under 18 years of age)

**PARTICIPATION WILL BE DENIED if the signature or parent/guardian and date are not on this waiver.**