

## KRAVGIRL TACTICS

### WAIVER & RELEASE FORM

#### MARTIAL ARTS LIABILITY WAIVER AGREEMENT, WAIVER, HOLD HARMLESS

Participant's Name (printed) \_\_\_\_\_

By signing this Agreement, I \_\_\_\_\_ release **Kravgirl Tactics (Jennifer Silverstein) & affiliates** of any liability pertaining to any accidents or injuries I may incur while participating in **Martial Arts / Self Defense instruction** provided by **Kravgirl Tactics (Jennifer Silverstein) & affiliates**.

I fully understand and acknowledge the dangers of participating in **Martial Arts / Self Defense / Hand to Hand Combat / Firearm Training** and I expressly and voluntarily assume all the risks associated with such participation including injury or death and hereby release **KRAVGIRL Tactics** of any and all liability arising out of my participation.

I understand the risks include, by way of example, and not limitation, the following: Mishaps such as falls, equipment failure, other participants or instructors or guests, contact with various hard and soft floor or ground surfaces, other people, and/or over exertion could result in injuries including sprains, concussion, broken bones, torn muscles/tendons, dislocations, puncture wounds, psychological trauma, hospitalization, blindness, and death . I agree that it is my sole responsibility to be familiar with the physical and mental demands associated with **Martial Arts / Self Defense / Hand to Hand Combat / Firearm Training**. With these demands in mind, I attest that I have no physical or mental condition, which to my knowledge, would endanger myself or others if I participate in these activities & trainings, or would interfere with my ability to safely participate in these activities & trainings. I also agree to abide by any and all established rules and regulations while engaged in trainings & activities with **Kravgirl Tactics** classes, and with the directions and precautions given by instructors: **Jennifer Silverstein & affiliates**. I understand that the instructors have no duty to provide any extraordinary duties or safety measures in relation to **Martial Arts / Self Defense / Hand to Hand Combat / Firearm Training** and that I must use reason and judgment in my undertakings hereunder. I consent to anyone providing emergency health or medical assistance if it is determined necessary at the facilitator's discretion, and consent to anyone contacting my emergency contact for notification. I understand that the property and terrain on which this event shall take place contains both obvious and hidden dangers which I may not be made aware of by the facilitators. I understand that before engaging in activities & instruction offered by **KravGirl Tactics** that it is my duty and responsibility to make myself aware of any and all dangers related to the property or terrain to my satisfaction, and any dissatisfaction of such information will be manifested by my non-participation of an activity in any manner. I understand that there may be video photography and/or still images being recorded.

I hereby release use of said images/video to the facilitators of this event, with no expectation of compensation, monetary or otherwise. I hereby release, waive, discharge, and covenant not to sue anyone acting as a facilitator, or any insurance of, agents of, servants of, or guests of the facilitators (collectively referred herein as the "Releasees") from all liability, claims, demands, actions, or causes of action whatsoever arising out of any damages, loss, or injury to me, my child(ren) or to my property while participating in any of the sports/activities contemplated by this Agreement, regardless of whether such damage, loss, or injury results from the negligence of the Releasees or from any other cause, including unknown conditions of the property or terrain. I also hereby release, waive, discharge and covenant not to sue the Releasees from any claims whatsoever on account of any first aid, treatment, or service rendered to me during my participation in the above activities. I hereby agree to indemnify and hold harmless the Releasees from any loss, liability, damage, judgment awards or costs, including court costs and attorneys' fees that they may incur due to my participation in said activities or subrogation suits or claims, whether caused by the negligence of Releasees or otherwise. I understand and acknowledge

that participation in **Martial Arts / Self Defense / Hand to Hand Combat / Firearm Training** is unreasonably, unnecessarily, and inherently dangerous. Serious injuries, blindness and death may result from ordinary, general and future negligence, and such injuries/death are an inherent risk of the activities associated with participation. I agree, for myself and my successors, that the above representations and agreements are contractually binding, and are not mere recitals.

I agree that my failure or refusal to sign such agreements or releases in the future shall in no way affect the validity of this Agreement, nor revoke or cancel any of the terms of this Agreement. I or any of my successors shall be liable for the expenses (including legal fees) incurred by the party or parties in defending against such claim or suit. This Agreement shall not be modified orally or by handwritten modifications hereon or herewith, and there are no addendums incorporated by reference herein. I have carefully read this form and fully understand its contents. All information I have provided is true. I am aware that this is a release of liability, a waiver of claims, an agreement not to sue, an indemnity, and a contract between myself and the facilitators described herein, I sign it of my own free will. PARENT OR GUARDIAN OR LIAISON OF SUCH, OF A MINOR: I, as parent or guardian or liaison of the above named minor, hereby give my permission for this child or ward to participate in the above named activity, and further agree, individually and on behalf of this child or ward, to the terms as outlined herein.

Name of Class: \_\_\_\_\_

Name of Participant: \_\_\_\_\_

Phone: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

E-mail : \_\_\_\_\_ ( Check Box to receive info on future classes/events )

Parent Name & Signature for participants under 18: \_\_\_\_\_

Signature: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

## IMPORTANT WAIVER PERTAINING TO THE COVID VIRUS

I understand that I am coming into close contact with other individuals who may have come into contact with someone that could have been exposed to Coronavirus / COVID 19 or any other virus or communicable pathogen.

We CAN NOT guarantee protection from any exposure to this or other viruses. ALSO by signing this I understand that I will have the option to participate wearing a face covering if I so choose; however, I understand that face coverings are not required, therefore I may be in contact with others that are not wearing a face covering.

Participant's Signature: \_\_\_\_\_

Kravgirl Tactics (KGT) reserves the right to cancel any course. Any notification sent to fully paid customers will be done so within a 48 hour advance notice. KGT reserves the right to refuse participants for any reason. KGT is not responsible for any non-refundable expenses incurred by you or any other persons as a result of your registration, attendance, non-attendance, or self-cancellation of any course.

