



North Star Tang Soo Do Academy, Inc. d/b/a

North Star Martial Arts Ministries

PREVIEW CLASS ENROLLEMNT

ADVISORY OF RIGHTS AND RESPONSIBILITIES

NOTICE OF POTENTIAL FOR PERSONAL INJURY AND LIMITATION OF LIABILITY

North Star Martial Arts Ministries is committed to striving for a safe and injury free training environment. The instructors, directors, and staff will do their best to maintain a safe and accident free environment for both athletes and instructors. It is imperative that all athletes obey the safety rules and regulations of the classroom, and carefully follow the instructor's directions. However, as with any physical sporting activity, martial arts is a potentially dangerous activity. Bumps, bruises, scrapes, and muscle soreness are common and most athletes will encounter this sort of minor injury periodically during their training. More serious injuries are possible and should be expected at some time during an athlete's training, including sprains, strains, twists, cramps, and other injuries of similar magnitude. The possibility of more serious injuries also exists, including fractured bones, broken and torn ligaments, and dislocated joints, though these are more uncommon. Despite all safety precautions, there still remains the possibility of extremely serious injury, such as a crippling accident, and even death, although this is certainly not expected to ever occur in this martial arts program.

Safety is not the sole responsibility of instructors and staff. All participants, including parents and observers, are responsible for their own safety and the safety of those around them. Athletes who violate the safety rules and regulations WILL be disciplined appropriately, up to and including dismissal from training.

I have read and understand the above statement of risk and the rights and responsibilities of participants. I assume responsibility for my own safety (or the safety of my child). I understand and accept the physical risks of martial arts training. I understand that even if the instructor has informed me that no serious injury has ever happened in this organization, or with any of the instructors, that this does not mean that there is no possibility of harm to me (or my child). By assuming this risk, I completely absolve all instructors, staff, guests, athletes, landlords, management companies and any and all other related parties, of liability for my (or my child's) harm, unless intentionally caused in criminal conduct.

ATHLETE NAME(S): _____

ATHLETE OR GUARDIAN'S SIGNATURE: _____ **⇐ SIGN HERE** Date: _____

ADDRESS: _____

_____ Phone Number: _____

EMERGENCY CONTACT: _____ Phone: _____

MEDICAL INFORMATION:

- I certify that the athlete(s) named above have health insurance that provides coverage for sports related injuries.
- I certify that the athlete(s) named above has no known medical conditions that create a potential health or injury risk.
- The athlete(s) named above has the following health conditions:

Please list all medications: _____

SAFETY FIRST!

RULES OF THE DOJANG (DESIGNATED TRAINING AREA)

- Safety is the **FIRST** priority for everyone in the designated Training Area. Everyone is expected to do their best to ensure a safe and enjoyable Dojang.
- Students and/or their parents, **MUST** tell the Instructor when they are ill, if they are injured, or if there is any reason that they should not participate in any particular aspect of training.
- There shall be **NO** Eating, Drinking, or Gum Chewing in the Designated Training Area.
- No Running in the Designated Training Area (unless otherwise instructed) is permitted.
- No loose jewelry is permitted. Earrings are discouraged and worn at athletes own risk.
- No pushing, chasing, wrestling, throwing objects, or other unsupervised play at any time.
- Absolutely **NO SPARRING** is permitted without proper protective equipment.
- Weapons may **ONLY** be used with the supervision of an Instructor.
- Students **MUST** follow the direction of Instructors at all times.
- Students **MUST** show proper respect for students of higher rank.
- Students should not talk, be disruptive, or interrupt class while an Instructor is teaching
- All students **MUST** respect all Training Equipment.
- All Students should help in cleaning the Dojang when class is finished.
- Only official training uniforms (do bahks) shall be worn during class. Any student out of uniform must obtain permission from the Instructor before participating in class.

DOJANG PROCEDURES

- Please arrive at least 15 minutes before class begins.
- All Students should salute the flags by bowing upon entering and/or leaving the Dojang (make a fist with the right hand; place fist in center of chest - fingers facing down; bow to flags).
- Remove shoes before entering the Training area (excluding the family waiting area).
- Students should stretch and warm up before class.
- After changing, please store all clothes and gear neatly in the designated area
- Students should notify the office when you are going to be late or absent from class.

DO BAHK (UNIFORM), GEAR, AND EQUIPMENT, WEAPONS

- Belts should only be worn in class.
- Treat all of the above with respect and should only be used for what it is intended for.
- Never forget any part of your Do Bahk (Belt, Pants, and Jacket).
- Only use your Do Bahk for training, **NOT** for playing, eating in, etc.
- Any Equipment that belongs to the Dojang should only be used for training and you must ask permission to use it outside of class time.
- Sparring Gear that belongs to you or the Dojang should be used properly.

I have read and understand the safety rules of North Star Martial Arts, and agree to support and promote a safe environment for all students, instructors, family members, and visitors.

SIGNATURE: _____ **← SIGN HERE** Date: _____