

Hit and Run Self Defense Ltd.

Assumption of All Risks of Injury and Wavier of Rights

INJURY & ILLNESS (COVID): Everyone participates at their own risk of personal injury, infectious disease or other. **This includes children whose guardians have registered for them.** **Before each class start,** you agree to review and remove yourself/children if previously advised of possible exposure to COVID, have recently travelled outside of Canada (3 weeks) or are experiencing any symptoms of illness (Example: fever, cough, fatigue or weakness, muscle or body aches, sore throat, diarrhea, vomiting, conjunctivitis, headache, loss of taste or smell, rash on skin, discoloration of fingers or toes, difficulty breathing or shortness of breath, chest pain or pressure, etc.).

I fully understand that minor or serious injury is possible in participation of self-defense classes which include physical contact with instructors and other students who may have limited experience or no safety knowledge. If you have a preexisting condition, you are responsible to obtain a doctor's approval.

TRAINING AREA (ONLINE): Be sure to have a safe area to put your viewing device and clear your training space of anything you do not want to bump into or trip on. No toys, no slippery surface, no hard furniture, etc. Give yourself lots of room.

HEALTH INSURANCE: Each individual (or guardian) is responsible to know the general state of health of the participant and to certify that he or she has no disability or medical condition which would make participating inadvisable both now and in the future. Each participant or their guardian is responsible to have health insurance coverage sufficient to cover all medical, dental, and any other health care expenses for any injury.

MATERIALS: The self-defense techniques shown may cause serious harm or death to an assailant and must be only utilized if imminent physical harm is unavoidable and proportionate to the applicable laws regarding self-defense in your country. The material, techniques and other information presented is exclusive property of Hit and Run Self Defense Ltd. and may not be recorded or reproduced in any way.

SESSIONS: Classes, workshops, camps, on-line, etc. are martial arts programs taking place inside or outdoors from which participants are responsible for their personal belongings during the sessions.

WAIVER/RELEASE: I agree, for myself, my heirs, and/or my legal representatives, to indemnify, release and hold harmless Hit and Run Self Defense Ltd., its trainers, coaches, officers, agents, other participants, students, employee's as well as the owners, staff and operators of any facilities used by Hit and Run Self Defense Ltd. from any action, claim, or demand for any loss, damage, expense and all injuries I may suffer or sustain, regardless of cause or fault, including any negligence of the released parties, as a result of my voluntary decision to participate in the activities related thereto.

I assume all risks of injury, loss, or expense of any kind resulting from participation by myself or that of someone I am the legal guardian. This release applies to every session (or location) participated in.

I have read, understood, and fully agree to the foregoing. Any questions have been answered to my satisfaction before registering online.

V. 8.20.20