



WARNING, WAIVER, RELEASE OF LIABILITY, ASSUMPTION OF RISK AND AGREEMENT TO PARTICIPATE THIS AGREEMENT MUST BE SIGNED BY ALL MEMBERS AND ANYONE WHO WISHES TO PARTICIPATE IN ANY ACTIVITY OR EVENT as a member or visitor of Greater Naples YMCA. In consideration of being allowed to participate in any way within the Greater Naples YMCA facility,

1. Recognize and understand that martial arts training is a physical contact activity and that my participation might result in serious injury, including permanent disability or death and severe social and economic loss.
2. Recognize and understand that such risk may be due to, not only, my own actions, but also the action, inaction or negligence of others, the regulations of participation, the conditions of the premises, or of any of the equipment used.
3. Recognize that there may be other risks that are not known to me or to others or not reasonably foreseeable at this time.
4. Agree to inspect the facilities, equipment and pairings prior to participation. I will immediately inform an instructor of the institute if I believe that anyone is unsafe or beyond my capability and refuse to participate.
5. Assume all the foregoing risks and accept personal responsibility for any damages that may result from injury, permanent disability or death.
6. Enter martial arts training and competition entirely of my own free will and understand the importance of the following the rules of training and competition. I have been given the rules and regulations of the Greater Naples YMCA instructors and agree to abide by the instructions given.
7. Certify that I am in good physical condition, and have no disease, injury or other condition that would impair my performance or physical and mental well-being during intense training practice and/or competition.
8. Grant permission in case of injury to have a doctor, nurse, athletic training or other emergency medical personnel provide me with medical assistance or treatment for such injury.
9. Release, waive, discharge and covenant not to sue, Greater Naples YMCA, affiliated organizations and participants, supervisors, coaches, sponsoring organizations or their agents, and if applicable, owners and leasers of the premises from any and all liability to undersigned, his or her heirs and next of kin for any and all claims, demands, losses and damages which may be sustained and suffered on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the release's or otherwise.

I HAVE READ THE ABOVE WARNING, WAIVER, RELEASE AND AGREEMENT TO PARTICIPATE. I UNDERSTAND ITS CONTENTS AND DO HEREBY SIGN IT VOLUNTARILY.

_____ / _____

Printed Name / Signature

Date

I, _____ certify that my child, being under the age of 18, has my permission to attend the Y-Spar class, and that I have understood all that is expressed in this waiver and release of liability, and I certify that I am of sound judgment, legally competent to agree to this waiver.

_____ Date if under 18

_____ / _____

Printed Name/Signature of Greater Naples YMCA instructor

Gym Rules:

1. No shoes allowed on the mats. Barefoot only. Please have on gym appropriate footwear when NOT on the mats. Closed toe shoes must be worn when using fitness equipment.
2. No chewing gum while taking classes or private lessons.
3. Personal hygiene maintenance is a must. Please come to class clean with toe and finger nails trimmed etc.
4. Minors under the age of 16 are not allowed to use weight equipment without parental or instructor supervision.
5. Please show up to each class with the necessary equipment and appropriate training attire required. Loaner gear is only available for new students on a limited basis.
6. Arrive to class on time and ready to train. Classes will begin promptly
7. Please refrain from using vulgar or offensive language in gym.
8. Use of excessive force outside of the gym is unacceptable and will not be tolerated. If you are found using excessive force that is NOT deemed self-defense, your membership will be terminated immediately.
9. Bullying and/or unnecessarily aggressive behavior at the gym will NOT be tolerated.
10. Have respect for the gym, your instructor and for your fellow students.
11. Do NOT be disruptive during class. No talking while the trainer is giving instruction and do not leave class without first being excused by the instructor.
12. Students must be approved by instructor in order to take advanced classes.
13. Have fun!

Sparring Requirements/Rules:

1. No sparring or grappling is permitted unless under the supervision of a Greater Naples YMCA instructor.
2. All participants sparring must be in good health and do not have any communicable diseases, including common colds, cold sores, open cuts or wounds, viruses etcetera.
3. Any athlete that has had head trauma must be cleared in writing by their physician in order to participate in any sparring or one on one practice sessions.
4. Males must wear protective groin cups and females must wear protective bra cups when sparring.
5. Mouth pieces must be individually fitted and worn during sparring and drilling.
6. Boxing gloves shall be at least 12 ounces or more for each member.
7. It is recommended by Greater Naples YMCA that all members who participate in sparring wear hand wraps to protect their hands.
8. Head gear, shin guards with foot padding, boxing gloves, mouthpieces and groin protection are mandatory for free sparring.
9. Students shall not wear contact lenses or glasses during sparring.
10. Only light contact is permitted during sparring. Hard contact is not permitted.
11. No one is allowed to enter Greater Naples YMCA under the influence of alcohol or drugs.
12. Hair shall be worn in such a way as to not interfere with vision.
13. Report all injuries to the instructor immediately.
14. Do not participate in any classes if you have a known injury. You and/or your parent signed a liability waiver, you are only hurting yourself more. Let your injury heal fully before returning to class or instruction.

I HAVE READ THE ABOVE GYM AND SPARRING RULES TO THEIR FULLEST. I ALSO AGREE THAT IF I VIOLATE ANY OF THE RULES MY MEMBERSHIP IS SUBJECT TO CANCELATION. I UNDERSTAND ITS CONTENTS AND DO HEREBY SIGN IT VOLUNTARILY.

Printed Name/Signature

Date
