

**VERMONT BRAZILIAN JIU-JITSU & SELF-DEFENSE ACADEMY**  
**WARNING, WAIVER & RELEASE OF LIABILITY**

STUDENT NAME (Print): \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

DATE: \_\_\_\_\_

**PLEASE READ CAREFULLY BEFORE SIGNING – I understand and agree that:**

In consideration of being allowed to learn and train Brazilian Jiu-Jitsu and Martial Arts and to participate in any way in the sports program and related events and activities, including transportation to and from such events, of the Vermont Brazilian Jiu-Jitsu (VT BJJ, LLC.) and its affiliated clubs and schools, I hereby:

- 1-Agree that prior to participating, I will inspect the mats, equipment, facilities, and any competition area, and if I believe anything to be unsafe or beyond my capability, I will immediately advise my instructor, coach or supervisor of such conditions and refuse to participate.
- 2-Acknowledge and fully understand that Martial Arts are a physical sport and that I will be engaging in activities that might result in serious injury, including permanent disability or death, and severe social and economic loss due not only to my actions, inaction or negligence, or actions, inaction or negligence of others, the rules of the sport, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not foreseeable at this time.
- 3-Assume all risks involved in the sport of Martial Arts and accept personal responsibility for the damages following such injury, permanent disability, or death.
- 4-Enter Brazilian Jiu-Jitsu Martial Arts practice, Camps, Seminars training or competition entirely of my own free will and understand the importance of following the rules of the sport and all directions and instructions given to me by my coaches and other Martial Arts officials.
- 5-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 wellbeing in intense physical practice, training or competition.
- 6-Grant permission in case of injury to have a doctor, nurse athletic trainer, or other emergency personnel provide with medical assistance or treatment for such injury.
- 7-Release, waive, discharge, and covenant not to sue the Vermont Brazilian Jiu-Jitsu Academy, other participants organizations, their affiliated clubs and schools, their respective administrators, instructors and coaches, and personnel, other participants, and if applicable, owners and leasers of the premises used to conduct class or event, all of which are referred as "releasees", from any and all claims, demands, losses, or damages on account of injury, including permanent disability or death, or damage to property caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise.
- 8-During the course of instruction, employees of the Vermont Brazilian Jiu-Jitsu Academy, and/or instructors, students or authorized persons will be engaged in a course of conduct requiring physical contact, I give full consent to such contact as is required by training.
- 9-I/We, the parent(s) or guardian(s) of this minor participating have instructed or will instruct the minor participant to the above warning and conditions and their ramifications, and I/We additionally confirm and agree to all the above statements, conditions, waivers, releases, and consent to this minor's participation.
- 10-Neither credits for classes, nor cash refunds will be given on classes not taken on the paid period.

This waiver also includes any negligence associated with the presence of or transmission of any bacteria, viruses, or infectious diseases. I have read the above warning, waiver, and release, understand that I/We give up substantial rights by signing it, and knowing this, sign it voluntarily.

\_\_\_\_\_  
(Please print name of Participant or Parent/Guardian)

\_\_\_\_\_  
(Signature of Participant or Parent/Guardian)