

**Registration and Release Form for Wendy Whited Sensei and Kay Sandacz Sensei Seminar,
Aikido Northshore Inc., February 22-24, 2019**

Important! Please read the following carefully before signing. This form **must** be, signed, witnessed and dated. Each participant **must** complete a separate registration form and waiver. For more forms, please Xerox, 2-sided copy on a single sheet.

Name _____ Phone _____ M/F _____ Date of Birth _____
Address _____ City _____ State _____ Zip _____

Release, Waiver of Liability, Assumption of the Risk and Indemnity Agreement

I agree that I know and understand and will follow all safety procedures in using equipment and training weapons at the seminar. If there is any question as to what proper safety procedures are, I will specifically ask the instructor at the training area.
I acknowledge that I am applying for instruction in a martial art involving strenuous exercise and personal body contact. I have been advised not to attempt any skill level in training or any other activity of which I am not fully capable. I realize that the study of Aikido requires proper conditioning and training. I fully understand that:

- A. There are risks and dangers associated with Aikido training including but not limited to bodily injury, communicable diseases, partial or total disability, paralysis and death. In accordance with the law, Aikido Northshore, Inc., does not exclude individuals with medical conditions that do not pose a medically recognized threat to the health or safety of other students in the normal course of training. I understand that there are some unavoidable circumstances where these conditions may require special caution on my part to minimize danger to myself or others, and I acknowledge that it is my responsibility to act accordingly.
- B. In particular, I understand that some students may be infected with diseases such as HIV/AIDS or Hepatitis-B which can be transmitted by exchanges of blood or other body fluids and that I may be training with them. I acknowledge that I have read and will follow explicitly the Aikido Northshore, Inc. Blood and Body Fluid-borne Pathogen Policy, a copy of which is attached to and incorporated in this Release, Waiver of Liability, Assumption of the Risk and Indemnity Agreement.
- C. There are social and economic losses and damages which could result from those risks and dangers described above which could be severe.
- D. These risks and dangers may be caused by my negligence, the negligence of my training partner, or the negligence of others around me who are training or doing any other activity, or by the negligence of other agents or instructors of Aikido Northshore, Inc.
- E. There may be other risks not known or foreseeable at this time which could arise.

I hereby release Aikido Northshore, Inc., and all of its officers, agents, and employees, from any claim arising out of my participation in or observation of activities of Aikido Northshore, Inc., and activities of the firm's officers, agents, and employees. I hereby release all of them from any such claim. I hereby assume the risk of undertaking or observing any such activities. I make this assumption of the risk, waiver of liability, and release of liability with respect to all injuries whether or not I am presently aware of the injury, or whether the injury arises some time in the future. I make this assumption of the risk, release, and waiver, on behalf of myself, my heirs, agents, employees, and any other persons who may be claiming through me or on my behalf. Provided, however, I do not release, waive or assume the risk of injuries arising out of the sole negligence of Aikido Northshore, Inc., or the sole negligence of its officer, agent, or employee.

I agree that this Release, Waiver of Liability, Assumption of the Risk and Indemnity Agreement covers each and every time that I train or otherwise participate in any activity, listed or unlisted, at the 2019 Seminar with Wendy Whited Sensei and Kay Sandacz Sensei, or at any other location sponsored by Aikido Northshore, Inc., its agents, employees or instructors. I agree to indemnify, hold harmless and defend Aikido Northshore, Inc., its officers, agents, employees, and guest instructors from any and all claims made against them arising out of my activities. I make this agreement on behalf of myself, my heirs, my agents, and any other person claiming through me.

- 1. I understand that Aikido is an educational system. I agree to strictly abide by the training rules of the Aikido Northshore, Inc., dojo and to follow explicitly all instructions given by instructors during the course of my training. I agree to watch out for others in the training area and while training on the mat and to follow all the rules posted and otherwise explained to me. Should I break any of these rules, I understand that it is the decision of the chief instructor whether or not I may continue training. I will abide by that decision.
- 2. In signing this agreement I am stating that I know what I am doing, that I take responsibility for my own acts, that I have read carefully and understand this agreement and that I fully agree with each statement contained in this agreement and that I am responsible for myself and will be considerate of others. I am aware that I may have the agreement reviewed by legal counsel.
- 3. I understand that this Release, Waiver of Liability, Assumption of the Risk and Indemnity Agreement is in effect from the moment I arrive until the moment I leave the 2019 Seminar with Wendy Whited Sensei and Kay Sandacz Sensei Seminar at Aikido Northshore, Inc., even if I am not training when something happens.
- 4. I have read and understood, and agree to explicitly follow the Aikido Northshore, Inc. Blood and Body Fluid-Borne Pathogen Policy which is attached and incorporated as it is fully written out in the body thereof, to this Release, Waiver of Liability, Assumption of the Risk and Indemnity Agreement.
- 5. If any portion of this agreement shall be held invalid, illegal or unenforceable to any extent and for any reason by any Court of competent jurisdiction, the remainder of this agreement shall not be affected thereby and shall be enforceable to the full extent permitted by law.

I make this agreement on behalf of myself, my heirs, successors, executors, estate, and dependents. By signing this form I am asserting that I am _____ years of age, and that I am an adult.

Participant's name (printed)	Participant's signature	Date
Witness name (printed)	Witness's signature (must be over 18)	Date

For Parents or Guardians of Minors

We the parents or legal guardian(s) consent to allow this minor individual to participate in Aikido training at Aikido Northshore, Inc., 2019 Seminar with Wendy Whited Sensei and Kay Sandacz Sensei or at any other location at which Aikido Northshore, Inc., may offer training.

We have read, understood and initialed each of the foregoing paragraphs and intend to bind ourselves, the minor, and all heirs, successors, executors, the estate, and dependents of said minor, to the terms hereof.

We agree to hold Aikido Northshore, Inc., Wendy Whited Sensei and Kay Sandacz Sensei and other guest instructors, agents, instructors, employees and all individuals associated with Aikido Northshore, Inc., harmless from any action brought as a result of participation by this minor in any activity of Aikido Northshore, Inc., and promise to indemnify Aikido Northshore, Inc., and all releases for all liability and losses including attorney's fees occasioned by a claim by, on behalf of, or on account of injuries or illness to said minor, and to full indemnify all such losses.

Parent/Guardian's name (printed)	Parent/Guardian's signature	Date
Relationship to Minor	Witness's signature (must be over 18)	Date

Aikido Northshore Inc., Blood and Body Fluid Borne Pathogen Policy

To protect Aikido Northshore, Inc., against the risk of disease, Aikido Northshore, Inc., has adopted the following policy intended to minimize the risk of transmission of HIV, hepatitis-B, and other blood and body fluid-borne pathogens during Aikido training. Current available evidence suggests that the risk of transmission of HIV during the type of body contact that occurs in Aikido training is slight. Organizations such as the NCAA, the National Academy of Pediatrics Committee on Sports Medicine and the U.S. Olympic Committee have concluded that persons infected with blood and body fluid-borne pathogens, particularly HIV, should not be banned from participating in contact sports. Certain federal and state anti-discrimination laws may also prohibit such a ban. These organizations have concluded that the already slight risk of transmission of HIV and other blood and body fluid-borne diseases can be further reduced by adoption of the Centers for Disease Control recommended "universal precautions" with regard to exposed body fluids.

Aikido Northshore, Inc., will observe these "universal precautions" as modified for Aikido training. Generally, this means that instructors and all persons training at Aikido Northshore, Inc., shall treat all exposed bodily fluids as if they are infected. Specifically, the following measures will be observed at all times:

1. Preparation for Training

The most frequent points of contact between training partners are the hands. Other exposed parts of the body subject to particular risk of cuts and abrasions are the feet and the area about the face and neck. For these reasons the following procedures must be observed.

A. You will inspect the exposed parts of your body prior to participating in aikido training to ensure that there are no breaks in your skin such as abrasions, open cuts, or sores.

B. You will inspect your hands and feet to ensure that fingernails and toenails are trimmed and smooth in order not to be a cause of cuts.

C. You will never enter the training mat wearing a dogi which is blood or body fluid stained to any degree whatsoever.

If you have any open cuts or sores, you will clean them with a suitable antiseptic and cover them securely with a leakproof dressing before coming on the training mat.

You will make sure they stay covered while you are training. If your hands or feet have broken skin, suitable taping, gloves or socks will be worn to cover these areas.

If you notice that someone else has an open cut or sore you will immediately advise him or her of the fact and cease training with the individual until the appropriate covering is in place. If a person does not immediately remedy the situation, you will immediately notify the class instructor.

2. Procedures for Wounds Incurred During Training

If a wound becomes uncovered, open, or is bleeding even to a minor extent during training, the person bleeding shall immediately stop training and leave the mat until the bleeding stops and the wound is securely covered as described below. Immediate measures shall be taken to stop the bleeding. If the injured person needs assistance with this procedure, each person so assisting shall wear a pair of latex gloves (available from the first-aid station). All used gloves and bloody cloths or dressings will be placed in a leakproof plastic bag provided for that purpose, and disposed of carefully. Hands shall be washed with soap and hot water immediately after gloves are removed. Minor blood stains on dogi will be treated with a disinfectant solution. If there are major blood stains or soiling, the dogi shall be removed immediately, placed in a leak-proof container, and handled carefully until it can be laundered or disposed of.

3. Procedures for Contact with Another's Blood

If you come into contact with the blood of another, make an immediate attempt to locate and alert the individual who is the source of the bleeding, leave the mat, and follow Procedure 2 above.

4. Procedures for Blood on the Mat

If blood becomes present on the mat during training, the partner of the person bleeding will ensure that other students training do not come into contact with the blood. The blood, regardless of amount, will be cleaned up immediately by wiping down the exposed surface with the disinfectant solution provided for that purpose. Each person assisting shall wear latex gloves and shall dispose of the gloves and cloths used for cleanup in the manner described in Procedure 2 above. Upon completion of the cleanup, each assisting person shall wash his or her hands with soap and hot water immediately after gloves are removed.

5. Responsibility for Health and Safety on the Mat

There are diseases and illnesses other than those known to be transmitted through blood and body fluids. You are reminded that you are responsible for not only your own health and safety, but also the health and safety of your training partners. If you know or suspect that you have any illness which might affect or infect others, or which might impair your ability to train safely, you have the obligation to refrain from training until you are not a risk to others.

I have read, understood, and will comply with each and every part of this Policy.

Participant's name (printed)	Participant's signature	Date
Witness's name (printed)	Witness's signature (must be over 18)	Date