

**MARTIAL ARTS PROGRAM WAIVER & RELEASE**

**IMPORTANT INFORMATION**

The Hickory Hills Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Hickory Hills Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this program must recognize that there is an inherent risk of injury when choosing to participate in recreational activities.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

**WARNING OF RISK**

Martial arts are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including but not limited to head/brain injuries, and bone and joint injury. All hazards and dangers cannot be foreseen. The very nature of martial arts is hazardous and risky, including but not limited to, acts of sparring, competing, instructor demonstration/instruction, unsportsmanlike conduct, incorrect or lack of technique, failure to wear protective equipment, recklessness, loss of control, inadequate supervision or instruction, lack of physical conditioning, mismatch of opponent's size, strength or skill, poor warm-up, equipment failure, poor officiating, premises defects, and all other circumstances inherent to sport of martial arts. In this regard, it is impossible for the Hickory Hills Park District to guarantee absolute safety.

**WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK**

Please read this form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services and vehicle operations, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the Hickory Hills Park District, including its officials, agents, volunteers and employees.

I do hereby fully release and forever discharge the Hickory Hills Park District from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this program/activity.

Also, by signing this waiver, I hereby grant permission for any pictures taken of participants to be used for publicity or in brochures related to the programs of the Hickory Hills Park District.

**I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.**

PLEASE PRINT Participant's Name    Participant's Signature (if 18 years or older or Parent/Guardian of minor)    Date

**PARTICIPATION WILL BE DENIED  
If the signature of adult participant or parent/guardian and date are not on this waiver.**

PROGRAM NUMBER \_\_\_\_\_

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