

Waiver/Health and Participation Form 2022

With Sensei and Master Trainer Rebecca Peacock

(Please Print) Name of Participant

First _____ MI _____ Last _____

Home Phone: _____ Cell Phone: _____ Other: _____

Email: _____ Address: _____

(Check this line if Muti Participants for same family -->) -----

Family Last Name(s): _____

Please Print (Parent and/or Guardian: (If applicable))

First _____ MI _____ Last _____ Relation: _____

Contact Information:

Home Phone: _____ Cell Phone: _____ Other: _____

Email: _____ Address: _____

Emergency Contact:

Name: _____ Name: _____

Phone: _____ Phone: _____

Relation: _____ Relation: _____

Additional Online Account, testing approvals, and Certification information Needed:

FULL NAME: you want to See on your Certification

First _____ MI _____ Last _____

EMAIL: that Participant will get Homework, updates for events, training, weather 7 emergency issues, electronic copies of Certificates, Scores & Awards, the system requires ***individual emails*** to be able ***to create separate accounts***, for tracking per student.

Students Email: _____

Parent and/or Guardian - BCC Email: _____

Participant Medical Information:

(Help us help you: Please be sure to consult your physician before you take part in any and/or all sports/fitness/activities, associated with Pure Defense and Sensei and Master Trainer Rebecca Peacock)

1. Do you have any medical conditions? (Please circle) Yes No

(If yes write below)

2. Are you on any Medication(s)? (Please circle) Yes No

(If yes write below)

No advice, information and/or practice is meant to consult and/or replace a medical Doctors orders or treatments. To the best of my knowledge, I agree to keep Instructor informed of updated health information, and will **not hold** location, Instructors, other student and by standards responsible for my health issues current and/or if developed.

Please Print your name Here: _____

Please Sign Here _____ **Date:** _____

COVID-19 SAFETY INFORMATION: (Listed as required by VA & FED law)

While participating in events held or sponsored by Rebecca Peacock consistent with CDC guidelines, participants are encouraged to practice hand hygiene, "social distancing" and suggested to wear face coverings to reduce the risks of exposure to COVID-19. Because COVID-19 is extremely contagious and is spread mainly from person-to-person contact, PDT has put in place preventative measures to reduce the spread of COVID-19. However, PDT cannot guarantee that its participants, volunteers, partners, or others in attendance will not become infected with COVID-19.

In light of the ongoing spread of COVID-19, individuals who fall within any of the categories below should not engage in PDT events and/or other face to face fundraising activities. By attending an PDT event, you certify that you do not

fall into any of the following categories:

1. Individuals who currently or within the past fourteen (14) days have experienced any symptoms associated with COVID-19, which include fever, cough, and shortness of breath among others;
2. Individuals who have traveled at any point in the past fourteen (14) days either internationally or to a community in the U.S. that has experienced or is experiencing sustained community spread of COVID-19; or
3. Individuals who believe that they may have been exposed to a confirmed or suspected case of COVID-19 or have been diagnosed with COVID19 and are not yet cleared as non-contagious by state or local public health authorities or the health care team responsible for their treatment.

----- **I Agree: Int** _____ **Date** _____

What Classes or Training will you be taking?

(Please Circle)

New Member

Returning Member

Continuing Education (Level _____)

Have you ever had Martial Arts Training? (Please Circle & If YES explain below) YES NO

How did you hear about PureDefenseTraining?

Friend: Who? _____ Internet: Google / FB / YouTube Other: _____

Training Schedule Agreement: (Times & Dates are subject to change @ anytime based on attendances)

(Please attach Schedule Calendar and circle times & Days or register online)

Payment agreement: (Please circle & fill out details)

*Cash (Only in person)

*Auto Check (Please list bank it will be coming from) _____

*Online Payment: Credit Card: Type: _____

*PayPal: Email: _____

*Other: _____

Monthly Amount: \$ _____

See online or brochure for Special packages: PureDefenseTraining.com

---- I Agree: Int _____ Date _____

What should I expect as a Student of Sensei and Master Trainer Rebecca Peacock?

At PureDefenseTraining we live by the simple truth, NinTai Mix Martial Arts lives because we practice it, without us, the art dies out and knowledge is lost. Sensei Peacock expects you, just like any Martial Artist, Dance, and Fitness Instructor, to make a Commitment to your training.

What specific things does she expect from a student?

- *Demonstrate Commitment
- *Show up to class regularly, and on Time
- *Work hard and focus while you are in class
- *Demonstrate Respect towards classmates and Instructor
- *Memorize (or commit to memory) certain sets of moves, forms, drills
- *See training as a long-term activity (It takes on average, 3 to 5 years to Master up to Black Belt, the art of NinTai, what effort is put in, is what you get out)
- *Use the lessons from class in your everyday life: You must show Honor: We seek to value something greater than oneself: we live by a code of behavior. Violating that code is seen as betrayal of the group, and could bring punishment down on the individual (Such as Extra physical activity, dismissal, and sit out time to evaluate one's behavior...)

PureDefenseTraining expects you to show honor: (Examples given below)

- *Respecting the words and judgment of your teacher (even if you don't agree, no back talking)
- *Taking action on suggestions/corrections that are made by your teacher
- *Not misusing martial arts or abusing the physical power you develop
- *Not speaking badly about the school or anyone in it (no gossiping)
- *Being honest and open both inside and outside the dojo
- *Seeking to control your ego, act humbly and to Speak with Kindness
- *Having good character inside and outside the school
- *Carrying on certain school traditions

Yes, you will hear Christian Music, & upbeat clean selections of music in the Background, we do pray and have a Small Scripture reading from the KJV Bible, for Character building and reference. And in ceremony we stand and say the pledge of allegiance to America, and the only knees to be taken, will be for prayer and only to God/Jesus/Holy Spirit.

Student Creed and Oath:

I will conduct myself in a positive manner and avoid anything that could reduce my mental growth or physical health. I will uphold the honor of Grace and develop self-discipline in order to bring out the best in myself and others. I will use what I learn in class constructively and defensively, I will never be abusive or offensive. I will uphold kindness, perseverance, self-control, and compassion. I will accomplish my goals and am ready to learn and advance. I will show respect for all who help me progress. In the manner of Pure Defense Don't put off for tomorrow what you can do today.

I hereby do understand what is expected of me in class

Name of Member: _____ Date: _____

Parent and/or Guardian: _____ Date: _____

LIABILITY WAIVER AND RELEASE OF CLAIMS: I acknowledge that I derive personal satisfaction and a benefit by virtue of my participation and/or voluntarism with P.D.T., and I willingly engage in PureDefenseTraining/Rebecca Peacock in events and/or other fundraising, class and/or other activities (the "Activity").

RELEASE AND WAIVER. I HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE ANY AND ALL LIABILITY, CLAIMS, AND DEMANDS OF WHATEVER KIND such as **Physical/Emotional/Spiritual/Verbal/Political/Religious** and/OR NATURE AGAINST Rebecca Peacock/PureDefenseTraining/Location/Owners AND ITS AFFILIATED PARTNERS AND SPONSORS, INCLUDING IN EACH CASE, WITHOUT LIMITATION, THEIR DIRECTORS, OFFICERS, EMPLOYEES, VOLUNTEERS, AND AGENTS (THE "RELEASED PARTIES"), EITHER

At own Risk) IN LAW OR IN EQUITY, TO THE FULLEST EXTENT PERMISSIBLE BY LAW, INCLUDING BUT NOT LIMITED TO DAMAGES OR LOSSES CAUSED BY THE NEGLIGENCE, FAULT OR CONDUCT OF ANY KIND ON THE PART OF THE RELEASED PARTIES, INCLUDING BUT NOT LIMITED TO DEATH, BODILY INJURY, ILLNESS, ECONOMIC LOSS OR OUT OF POCKET EXPENSES, OR LOSS OR DAMAGE TO PROPERTY, WHICH I, MY HEIRS, ASSIGNEES, NEXT OF KIN AND/OR LEGALLY APPOINTED OR DESIGNATED REPRESENTATIVES, MAY HAVE OR WHICH MAY HEREINAFTER ACCRUE ON MY BEHALF, WHICH ARISE OR MAY HEREAFTER ARISE FROM MY PARTICIPATION WITH THE ACTIVITY/Class/Event.

ASSUMPTION OF THE RISK. I acknowledge and understand the following:

- 1. Participation includes possible exposure to and illness from infectious diseases including but not limited to COVID19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist;**
- 2. I knowingly and freely assume all such risks related to illness and infectious diseases, such as COVID-19, even if arising from the negligence or fault of the Released Parties; and**
- 3. I hereby knowingly assume the risk of injury, harm and loss associated with the Activity, including any injury, harm and loss caused by the negligence, fault or conduct of any kind on the part of the Released Parties.**

MEDICAL ACKNOWLEDGMENT AND RELEASE. I acknowledge the health risks associated with the Activity, including but not limited to transient dizziness, lightheaded, fainting, nausea, muscle cramping, musculoskeletal injury, joint pains, sprains and strains, heart attack, stroke, or sudden death. I agree that if I experience any of these or any other symptoms during the Activity, I will discontinue my participation immediately and seek appropriate medical attention.

I DO HEREBY RELEASE AND FOREVER DISCHARGE THE RELEASED PARTIES FROM ANY CLAIM WHATSOEVER WHICH ARISES OR MAY HEREAFTER ARISE ON ACCOUNT OF ANY FIRST AID, TREATMENT, OR SERVICE RENDERED IN CONNECTION WITH MY PARTICIPATION IN THE ACTIVITY.

As a participant, volunteer, or attendee, you recognize that your participation, involvement and/or attendance at any PureDefenseTraining event or activity ("Activity") is voluntary and may result in personal injury (including death) and/or property damage. By attending, observing or participating in the Activity, You acknowledge and assume all risks and dangers associated with your participation and/or attendance at the Activity, and You agree that: (a) PureDefenseTraining/Rebecca Peacock (b) the property or site owner of the Activity, and (c) all past, present and future affiliates, successors, assigns, employees, volunteers, vendors, partners, directors, and officers, of such entities (subsections (a) through (c), collectively, the "Released Parties"), will not be responsible for any personal injury (including death), property damage, or other loss suffered as a result of your participation in, attendance at, and/or observation of the Activity, regardless if any such injuries or losses are caused by the negligence of any of the Released Parties (collectively, the "Released Claims").

Contagious infection agreement & understanding: DUTY TO SELF-MONITOR: Participants and volunteers agree to self-monitor for signs and symptoms of COVID-19/Other illnesses (symptoms typically include fever, cough, and shortness of breath) and, contact PDT (PureDefenseTraining.com) if he/she experiences symptoms of COVID-19/other within 14 days after participating or volunteering with PDT.

BY ATTENDING AND/OR PARTICIPATING IN THE ACTIVITY, YOU ARE DEEMED TO HAVE GIVEN A FULL RELEASE OF LIABILITY TO THE RELEASED PARTIES TO THE FULLEST EXTENT PERMITTED BY LAW.

INS _____ & Date: _____

Waver of participation and by standers:

You are participating at your own Risk: (For your Safety and Ours [Standard Sports/Fitness Form])

I understand and agree, that I am participating in a sport/fitness/nutritional activity, and this does not replace any medical treatment under any circumstances.

I agree and understand that: I and/or Participant is fully responsible for myself/ourselves and my/our/own actions.

I agree and understand that: I will have fun in class!

I agree and understand that: I will bring my best winning attitude to class. I agree and understand that a clean uniform and or fitness clothes are required in class. No Street shoes on the floor!

I understand and agree: to show respect to others and/or my parent(s) and/ or guardian(s), Instructor and fellow Students...

I agree and understand: that I and/or participant will be participating in a physical contact sport. I agree and understand that I and/or Participant is/are participating in Pure Defense/Mix Martial Art(s)/Fitness/Self Defense/Karate/anything taught by Rebecca Peacock participate and/or observing I am doing so at my own risk.

I agree and understand: that I will uphold a responsibility of politeness and a good attitude in class and/or at/on all facilities/locations/inbound and/or out bound.

I agree and understand: this statement is a part of any sports activity: For the protection of the instructor and/or class participants/Location, Pure Defense/Mix Martial Art(s)/Fitness/Self Defense/Karate/anything taught by Rebecca Peacock: Rebecca Peacock is not held responsible for anything that may occur, you are participating and/or observing at your own risk, Rebecca Peacock and/or class participate, guest and/or observer, is not held liable or responsible for the following: such as/including minor or major injury(s): physical, emotional, mental, stress, and/or anything that may occur including death, other students: behavior and/or physical contact, loss/stolen/left/damage of any personal items and/or property.

I agree and understand: that I am in a controlled environment that will be told, and taught things under the instructions of Sensei and Master Trainer Rebecca Peacock.

I agree and understand that I will control my actions, words and my body, and will not cause harm on others (understanding that breaking these rules will be cause for immediate dismissal of class)

(I agree and understand that if I have an issue or problem with someone and/or class instruction, I and/or parent and/or guardian, will take it up with the instructor in private, upon instructors' consent)

I agree and understand: that if I have medical condition(s) and or not, I will inform/tell the instructor about them, and I agree and understand that I am aware that I should consult a doctor(s)/physician(s), before beginning any physical activity and/or fitness and/or nutritional program.

INS _____ & Date: _____

Location Agreement:

I agree and understand that I will be respectful and obey house and/or ground rules, for Dennis and Debbie Peacock: Location 12400 Beaver dr. King George Va. 22485 & neighboring addresses,

and/or other Location: no roaming/wondering, stealing, breaking, breaking into, going into rooms uninvited, I understand that I may wait in my Vehicle and/or designated waiting area. Unless invited by the owners of the location otherwise imply.

I understand & agree that if I break and/or violate any house/dojo rule(s), I understand that I can, and/or will be dismissed from the location agreed and/or class at any time, for any reason, at the discretion of instructor without a refund.

I agree and understand that I will treat this 12400 Beaver drive, and/or neighboring addresses and/or other location(s) with respect and honor

I understand & agree that I cannot sue and or incriminate the owners (Dennis/Debbie Peacock/participants/teacher (Rebecca Peacock/instructor/location/neighboring addresses (12400 Beaver Dr.) and/or other locations.

I understand and agree that this location (12400 Beaver Dr. King George Va. 22485), neighboring addresses, and/or other location(s) I am responsible for myself/item(s)/vehicle(s)/participant(s). If any harm and/or theft may come to these listed, I understand that the owners/participants/teacher/instructor/location(s) are not held responsible and/or liable for anything that may occur (Including) physical, mentally, emotional distress, political remarks, exposure to COVID 19, that may occur, even including death (even in a court of law). You are participating at your own risk.

_____ / ____ / _____

Participant Sign Here Print Name Here Date

_____ / ____ / _____

Parent / Guardian Sign Print Name Here Date

_____ / ____ / _____

Instructor Sign Here Print Name Here Date

Thank you, it's a pleasure working with you!

PureDefenseTraining.com

We can't have class without you!

Master Instructor Sensei Rebecca Peacock

God Bless I will see you in Class!

Contact Information:

*Text/Call #: 540-419-6357 * Email: PureDefenseTraining@yahoo.com * Web: PureDefenseTraining.com