



BRIDGETOWN AIKIDO

Application and Medical Certification

(Read Carefully Before Signing)

1. I understand that the Safe Falling Class is not a fall prevention class, and that the instructors/assistants are not fall prevention or medical experts.
2. I understand that the balance, the exercises, and safe falling techniques presented in the class are suggestions which, when practiced correctly and on a daily basis, can help decrease serious injury, in the event of a fall.
3. I understand that, if at any time, I experience pain or discomfort while performing any of the activities, it is my responsibility to stop doing the activity and ask the instructor for an alternative and/or modified activity.
4. I understand that participation in these classes and use of the techniques do not guarantee that a fall or injury will not occur.
5. I understand that there is no class or technique which can guarantee that one will not fall or be injured.
6. I have read the Bridgetown Aikido RELEASE, WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNIFICATION AGREEMENT and agree to all its conditions.
7. I have reviewed the Class Physical Activity Requirements listed. I realize that I may become more physically active than I am currently. If I have any special medical needs, I have checked with my doctor about my areas of concern and have his approval to participate.
8. I certify that I am physically able to accomplish the physical requirements of the class. I take full responsibility for my participation in the class. I agree to work within my own comfort zone and will stop if I feel any pain or discomfort.

Class Physical Activity Requirements:

I am interested in participating in classes offered by Bridgetown Aikido. I am aware that the class is 50 minutes long, meets once a week for six weeks, and will involve physical activities as listed below:

- Able to go down and get up from a practice mat.
- Exercises to strengthen core muscles (legs, abdomen and back).
- Exercises to improve balance/coordination.
- Exercises that require shifting balance from left to right sides, leaning forwards and backwards.
- Exercises to strengthen neck muscles, to keep head above horizontal ground plane.
- Safe falling exercises: using leg muscles to lower oneself as close as possible to the ground in a controlled manner, turning to receive and distribute impact along muscle mass on the outside calf, thighs, buttocks, back, triceps and forearm.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Bridgetown Aikido, LLC

Name _____ Phone _____ Email _____

Signature _____

Date _____

Emergency Contact information:

Name _____ Phone _____ Email _____

Special medical considerations or instructions (allergies, disabilities, injuries etc.): _____