



## NSW SPORTS WAIVER

### NOTICE OF PERSONAL INJURY WAIVER (NNG BALINTAWAK AUSTRALIA)

Release of All Claims: I, \_\_\_\_\_, agree that in consideration to be accepted as a trainee of NNG BALINTAWAK and being allowed to participate in its Training Program of Balintawak Arnis Escrima practice, have read the Terms & Conditions as shown on the website [www.nngbalintawakaustralia.com](http://www.nngbalintawakaustralia.com).

I agree as follows:

I agree to release, waive, discharge and indemnify NNG BALINTAWAK and their instructors, servants, and agents, and/or the martial arts facility and/or venue, from any and all liabilities, claims, demands or causes of action that may arise, by or on behalf of my family or dependents from or related to any loss, damage, permanent disability or injury, including death sustained by me while I am participating in its Training Program. As a participant, I am fully aware of the risks connected with participation in the Training Program. I, therefore, expressly assume all of the foregoing risks and accept personal responsibility for my personal safety.

I understand that the practice of Martial Arts is a "dangerous recreational activity" (as defined in the NSW Civil Liability Act 2002.) I understand that the training will be conducted with reasonable care and skill. I am aware that my trainer will ensure that my training is safe and effective and I choose to train at my own risk.

The practice of NNG BALINTAWAK, like any combative art designed to maim and injure, has an element of danger and unpredictability and thereby involves the possibility of serious and permanent injury to myself or another person, including but not limited to, injury to the joints of the wrists, elbows, shoulders and neck, injury to the fingers, hands and legs, injury to the eyes, face and head, and any part of the body which may result to restriction of movement or partial or permanent paralysis, quadriplegia or even injury resulting in death.

In consideration of the right to participate in the Training Program of Balintawak Arnis Escrima practice with NNG BALINTAWAK, I acknowledge and agree to assume all the risks inherent in such practice and to hold the organisation and people involved, NNG BALINTAWAK, and their instructors, servants, and agents, free from any and all liability and/or expense, and to indemnify them from any claim, liability or demand for loss of property or compensation for injury that may occur to me, arising from my participation in NNG BALINTAWAK training.

### **Medical Release**

Please ensure to inform your trainer of any medical condition that you may have that may prevent you from participating in all training exercise sessions. Consult with a Medical Practitioner before engaging in any physical activity. Please be aware that your trainer will do everything to ensure that your training is safe and effective, however, by you choosing to train at your own risk, you are therefore responsible to advise us of any known medical condition.

I therefore agree to assume the risk of such injury/injuries being aggravated and to indemnify NNG BALINTAWAK, and their instructors, students, co-trainees, and agents, and/or the martial arts facility and/or venue, for any claim for liability with respect to any medical condition, or any other loss or injury/injuries that I may sustain in the training, no matter how caused.

I will faithfully comply with all the rules and regulations of NNG BALINTAWAK and the traditions of the Martial Arts.

I agree to carefully follow the training instructions and rules for etiquette and safety at all times during my practice or training of NNG BALINTAWAK Arnis.