

Afterschool Enrichment Program

Brought to Davidsonville Elementary School with East Coast Martial Arts

Attention Parents: Something different for your child to do after school!

Featuring fitness, personal safety, Martial Arts & FUN!

Tuesdays & Thursday - Oct 10, 12, 17, 19, 24, 26 White Belt Test October 28th 9:00 am

Classes held in the Davidsonville Elementary gym from 4:45pm – 4:45pm

REGISTRATION ONLY \$40 – All profits donated to Davidsonville Elementary PTO

East Coast Martial Arts is sponsoring a fundraiser for Davidsonville Elementary PTO by providing an After School Enrichment Program combining fitness, safety and an introduction to Martial Arts. All profits from the program will be donated back to Davidsonville Elementary PTO by East Coast Martial Arts. Besides being physically active, your child will be introduced to the Four Rules of Concentration and ECMA's Bully Proof instruction. At the conclusion of the program, students will be invited to take the White Belt Test at East Coast Martial Arts in Edgewater.

Parents are responsible for providing transportation.

Complete and return to the school by 10/6 with a check for \$40 made payable to DES PTO. **Sign reverse side!**

Student Name: _____ Birth Date/Age: _____

Parent/Guardian: _____ Home Phone: _____

Address: _____ Cell Phone: _____

Teacher _____ Grade _____ Email: _____

Authorized Pick Ups other than parents:

Name _____ Phone: _____

Release & Waiver Form

Welcome to East Coast Martial Arts. We are pleased you have decided to try/join our program, and will make every attempt to provide you with the highest quality instruction.

By acknowledging and signing this letter, the student (parent or legal guardian) recognizes the risk involved and agrees to the following terms and conditions required by East Coast Martial Arts in conjunction with participating in our classes/programs.

During practice sessions, the student agrees to wear the necessary safety gear. The undersigned student, and or parent/guardian, therefore releases East Coast Martial Arts, its officers, employees, and instructors from all liability for any and all damages and injuries suffered or sustained while on these premises and under the instruction, supervision or control of East Coast Martial Arts, or its employees. Any function attended by students outside of the facility is at the student's own risk, and not subject to be covered by East Coast Martial Arts.

The student, participant, or legal guardian, therefore, hereby agrees to individually provide for the possible future medical expenses which may be incurred as a result of any injury sustained while participating in any class, during training, or performing for East Coast Martial Arts.

This form also acts as a release for East Coast Martial Arts to be able to use any pictures, videos, etc., for use as promotional tools or in any other use East Coast Martial Arts deems necessary.

EAST COAST MARTIAL ARTS ADVISORY OF RIGHTS AND RESPONSIBILITY

Safety is not the sole responsibility of the instructors and staff. Everyone in class is responsible for their own safety and the safety of those around them.

All students have the right and responsibility to excuse themselves from any exercise they believe will be harmful to them. All students must evaluate each situation in the context of their skill and current physical condition and conduct each drill in a manner that is safe. If an instructor gives an instruction that is unsafe for the student, it is the student's responsibility to inform the instructor that the skill may be unsafe. The instructor will routinely excuse the student from unsafe exercises and drills. The instructor may ask for an explanation, and the student is expected to provide one.

All students have a responsibility to train and conduct themselves in a manner that helps all students and instructors to remain safe. Students must give those who are training enough room to avoid interfering and avoid being accidentally struck by someone else practicing, which is especially important when others are practicing with weapons.

In the event of an injury, students have the right and responsibility to evaluate the extent of harm, stopping what they are doing even if it includes a partner, and determining if it is safe to continue. Unless a student is certain that further practice will not create or worsen a problem, all students are encouraged to stop what they are doing and inform an instructor or staff member immediately. In the event of a serious injury or appearance of a serious injury, all students, staff, and visitors, notably parents, have the right to call a stop to a particular training exercise.

If a student notes an unsafe training situation, which may include a student performing a skill incorrectly, a student not being careful about others, a defect in a piece of training equipment. A potentially dangerous obstacle, or a condition on the floor, or anything else that may cause or lead to harm is the students, instructors, staff members, visitors, and guests, the student is expected to correct the situation if within their ability or notify an instructor or staff member immediately. If something is simple to correct, such as picking up a weapon left on the floor, the student should correct the situation. If the situation may require the authority of the instructor or staff, or if it is not a simple matter, then the instructor or staff member should be notified immediately.

ASSUMPTIONS OF RESPONSIBILITIES NO RISK

Martial Arts are a potentially dangerous activity. Bumps, bruises, scrapes, and soreness, are common place and most students will encounter this sort of minor injury from time to time in their training. More serious injuries are possible, including sprains, strains, twist, cramps, and injuries of similar magnitude, and students can expect to encounter these injuries infrequently. The possibility of more serious injury exist, including fractured bones, broken bones, torn ligaments, though not all students encounter such serious injuries. There remains, despite safety precautions, the remote possibility of crippling death, though this is certainly not expected in this martial arts class or any workshop and training the ECMA provides.

I understand the above statement of risk, and I understand the rights and responsibilities for my own safety (or the safety of my child), understanding and accepting the risk involved with martial arts training. Even if the instructor has informed me that no serious injury has ever happened in this school or with any of the instructors, I understand that this does not mean that there is no possibility of harm. By assuming this risk, I completely absolve all instructors, staff, guests, students, landlord, management companies, and any and all other parties of liability for my harm, unless intentionally caused in criminal conduct.

I understand that the instructors, senior instructors, or others may have some skill in first aid, CPR, and at their discretion, I authorize them to use those skills and techniques to assist in any circumstance in which they judge their skills would be necessary or helpful.

This acknowledgement of risk and waiver of liability, having been read thoroughly and understood completely, is signed voluntarily as to its content and intent, I hereby give my permission to trained medical professionals to administer emergency medical treatment to myself or child, should sickness or accident occur in my absences or in the event I cannot give permission.

Parent/Guardian Signature: _____ Date: _____