In consideration of being permitted to participate in any way in the Martial Arts Program indicated below and/or be permitted to enter for any purpose any restricted area (herein defined as any area where admittance to the general public is prohibited), the parent(s) and/or legal guardian(s) of the minor participant named below agree:

1. The parent(s) and/or legal guardian(s) will instruct the minor participant that prior to participating in the below martial arts activity or event, he or she should inspect the facilities and equipment to be used, and if he or she believes anything is unsafe, the participant should immediately advise the officials of such condition and refuse to participate. I understand and agree that, if at any time, I feel anything to be UNSAFE; I will immediately take all precautions to avoid the unsafe area and REFUSE TO PARTICIPATE further.

2. I/We fully understand and acknowledge that:

a. There are risks and dangers associated with participation in martial arts events and activities that could result in bodily injury partial and/or total disability, paralysis, and death.

b. The social and economic losses and/or damages, which could result from these risks and dangers described above, could be severe.

c. These risks and dangers may be caused by the action, inaction, or negligence of the participant or the action, inaction, or negligence of others, including, but not limited to, the Releasees named below.

d. There may be other risks not known to us or are not reasonably foreseeable at this time.

3. I/WE accept and assume such risks and responsibility for the losses and/or damages following such injury, disability, paralysis, or death, however, caused and whether caused in whole or in part by the negligence of the Releasees named below.

4. I/We HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the martial arts facility used by the participant, including it owners, managers, promoters, lessees of premises used to conduct the martial arts event or program, premises and event inspectors, other West-Island Jiu-Jitsu locations, coaches, trainers, affiliates past and present, West-Island Jiu-Jitsu, JJforall, Ron Pattyn, directions or instructions to engage in risk evaluation or loss control activities regarding the martial arts facility or events held at such facility, their directors, officers, agents, employees, all for the purpose herein referred to as "Releasee"...From all liability to the undersigned, my/our personal representatives, assigns, executors, heirs and next to kin For any and all claims, demands, losses or damages and any claims or demands therefore on account of any injury, including but not limited to the death of the participant or damage to property, arising out of or relating to the events(s) caused alleged to be caused in whole or in part by the negligence of the releases or otherwise.

5. I/We HEREBY acknowledge that THE ACTIVITIES OF THE EVENT(S) ARE VERY DANGEROUS and involve the risk of serious injury and/or death and/or property damage. Each of THE UNDERSIGNED also expressly acknowledges that INJURIES RECEIVED MAY BE COMPOUNDED OR INCREASED BY NEGLIGENT RESCUE OPERATIONS OR PROCEDURES OF THE RELEASEES.

6. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion is held invalid, it is agreed that the balance shall, notwithstanding continue in full legal force and effect.

7. On behalf of the participant and individually, the undersigned partners(s) and/or legal guardian(s) for the minor participant executes this Waiver and Release. If, despite the release, the participant makes a claim against any of the Releasees, the parents(s) and/or legal guardian(s) will reimburse the Releasee for any money which they have paid to the participant, or on his behalf, and hold them harmless.

8. In light of the COVID-19 pandemic, it is essential that each member understands the elevated risk that comes with increased physical exposure to/contact with other people. While our academy is doing everything it can to mitigate the risk of viral outbreaks, it is the sole responsibility of each student to decide whether or not they are willing to practice a sport that comes with the inherent risk of transmission. By signing this waiver, you are agreeing to take this risk upon yourself exclusively, thereby relieving the academy of any liability or responsibility should you contract COVID-19, or any other virus/bacteria, even in the case of serious or permanent health complications and/or death.

9. I/We accept that pictures and videos of ME/WE may be taken while training and that this content may be used for marketing and social media.

10. I/We accept to respect and abide by the training facilities' rules and regulations of conduct and respect anyone in the facility including the instructors and all the training equipment. Students are to keep a high level of hygiene and will refrain from training if he or she suspects any contagious illness or skin condition. Students are not to forget any personal items in the training facility as the facility is not responsible for the safe holding of any personal belongings.

11. I/We accept that any instructor reserves the right to expel anyone not respecting the training facilities' rules and regulations of conduct.