

ASSUMPTION OF RISK DECLARATION



1. IMPORTANT NOTICE

Martial arts training carries some inherent risks for both adult and junior (under 18 years old) students.

For adult students: this document ensures that you understand the inherent risks before participating in training sessions with Yak Thai Boxing Limited. Please ensure you read this document carefully. During the registration process, you are asked to acknowledge receipt and understanding of this document. If you are unsure or require any more information, please raise your concerns or questions with your instructor prior to participation in any training sessions.

For junior students: this document ensures that you, as the parent or guardian of a junior student, understand the inherent risks before permitting your child to participate in training sessions with Yak Thai Boxing Limited. Please ensure you read this document carefully. During the registration process, you are asked to acknowledge receipt and understanding of this document on behalf of yourself as the parent/guardian of the junior student. If you are unsure or require any more information, please raise your concerns or questions with your instructor prior to participation in any training sessions.

2. Martial Arts Training Overview

Students will be participating in structure martial arts training at Yak Thai Boxing Limited. The training will include muay thai/thai boxing and will be adapted to suit you/your child's age and level of experience and ability.

Training will involve:

- a) Fundamental martial arts techniques including striking, blocking and movement drills;
- b) Martial arts specific strength and conditioning exercises including aerobic and anaerobic exercises, and exercises to assist with flexibility, agility and mobility;
- c) Partner-based exercise, self defence techniques;
- d) Controlled sparring (if appropriate)

Additional voluntary opportunities are available to students who join the club as a Member, this includes:

- i. "member-only" designated classes and opportunities;
- ii. interclub competitions (including low/controlled contact bouts), tournaments, fights and shows;
- iii. progressing through the club's syllabus-based grading system.

3. Instructor Information

The sessions will be led by Jimmy Heaton, a fully qualified and insured martial arts instructor at Yak Thai Boxing Limited. The instructor holds:

- a) Relevant martial arts qualifications
- b) Safeguarding and child protection training
- c) Enhanced DBS check
- d) First aid certification

If you have any questions regarding class structure and content, membership, competitions and/or gradings, please contact us at jimmy@yakthai.co.uk

4. Acknowledgement of Risk

Martial arts training involves physical exertion, close contact with other participants, and potential impacts with equipment or training surfaces. These activities present inherent risks that cannot be entirely eliminated.

Potential risks include but are not limited to:

- a) Slips, trips and falls;
- b) Bruises, sprains or strains;
- c) Occasional accidental contact injuries;
- d) Rare but more serious risks such as fractures or concussions.

Club Safety Commitment

1. All sessions are conducted in a safe and structured manner
2. Protective equipment will be used where necessary
3. Techniques will be adapted to ensure suitability for children (where necessary)
4. All students must communicate with instructors if they feel uncomfortable, unsafe or unwell at any time
5. All students must notify Yak Thai Boxing Limited in the event of any injury or any change to the medical information originally declared when registering as a student via the club's website.

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Despite these precautions, some risk does remain and students (or where applicable the parent/guardian of junior students) acknowledge this residual risk and accept responsibility for participation.

5. Code of Conduct & Behaviour Expectations

To ensure a safe and respectful training environment, all students and parents/guardians must adhere to the following:

- a) respect instructors, fellow students, and all club personnel at all times;
- b) listen carefully to instructions and follow instructor guidance at all times;
- c) wear appropriate training attire and safety equipment where required;
- d) no foul language, bullying, or aggressive behaviour will be tolerated;
- e) students must arrive on time, in appropriate training attire, and with the necessary equipment.
- f) parents/guardians must respect instructor-led classes and avoid interfering with coaching unless explicitly invited to participate.
- g) parents, guardians and spectators are not permitted to take photographs or video footage at any time within the training room.
- h) parents, guardians and spectators must ensure noise is kept to a minimum and telephone calls are not taken within the training room.

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6. Consent and Assumption of Risk for Adult Students

For adult students, by agreeing to this declaration you confirm:

- You have read and understood this Assumption of Risk Declaration in full
- You voluntarily assume all risks associated with your participation in martial arts training
- You understand that, whilst Yak Thai Boxing Limited takes reasonable precautions to ensure safety, injuries may still occur.
- You will follow the Code of Conduct and Behaviour Expectations as outlined under clause 5 above
- You have wholly and accurately disclosed any allergies, medical conditions, prescriptions or any other information the club may need to be aware of in order to best support your training and wellbeing.
- You will ensure Yak Thai Boxing Limited is updated in the event of any change to the allergy, medical conditions, prescriptions and other relevant information declared during the registration process.

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7. Consent and Assumption of Risk for Junior Students

For junior students, by agreeing to this declaration you, as the parent or guardian of a junior student, confirm:

- You have read and understood this Assumption of Risk Declaration in full
- You voluntarily assume all risks associated with your child's participation in martial arts training
- You consent to your child taking part in classes at Yak Thai Boxing Limited
- You understand that, whilst Yak Thai Boxing Limited takes reasonable precautions to ensure safety, injuries may still occur.
- You and your child will follow the Code of Conduct and Behaviour Expectations as outlined under clause 5 above
- You have wholly and accurately disclosed any allergies, medical conditions, prescriptions or any other information the club may need to be aware of in order to best support your child's training and wellbeing.
- You will ensure Yak Thai Boxing Limited is updated in the event of any change to the allergy, medical conditions, prescriptions and other relevant information declared during the registration process.

If you are unsure or require any more information, please raise your concerns or questions with your instructor prior to participation in any training sessions.