

PlayStrong Child Assumption of Risk and Parental Consent Form

Important Notice for Parents/Guardians:

Martial arts training carries some inherent risks. This document ensures that you, as the parent or guardian, understand these risks before permitting your child to participate in training sessions at **PlayStrong**. Please read carefully before signing.

Martial Arts Training Overview

Your child will be participating in structured martial arts training at **PlayStrong**. The training will include **Self Defence & MMA** and will be adapted to suit your child's age and experience level.

Training will involve:

- Fundamental martial arts techniques, including striking, blocking, and movement drills.
- Partner-based exercises, controlled sparring (if appropriate), and self-defence techniques.
- Fitness and conditioning activities.
- Structured syllabus-based progression and grading.

Instructor Information:

The session will be led by **Matthew Roberts**, a fully qualified and insured martial arts instructor at **PlayStrong**.

The instructor holds:

- Relevant martial arts qualifications.
- Safeguarding and child protection training.
- An enhanced DBS check.
- First Aid certification.

If you have any questions regarding the upcoming class or the syllabus, please contact **PlayStrong** at matt@play-strong.co.uk.

Acknowledgement of Risks

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

Potential risks include, but are not limited to:

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

Club Safety Commitment:

- All sessions are conducted in a safe and structured manner.
- Protective equipment will be used where necessary.
- Techniques will be adapted to ensure suitability for children.
- All children are encouraged to communicate with instructors if they feel uncomfortable or unwell.

Despite these precautions, I acknowledge that some risk remains, and I accept responsibility for permitting my child to participate.

Code of Conduct and Behaviour Expectations

At **PlayStrong**, we expect all students to adhere to our code of conduct to maintain a safe and respectful training environment.

Children must:

- Follow instructor guidance at all times.
- Respect fellow students and avoid rough or reckless behaviour.
- Listen carefully to safety instructions.
- Wear appropriate training attire and safety equipment where required.
- Inform the instructor immediately if they feel unwell or unsafe.

Failure to follow these guidelines may result in restricted participation or removal from the class.

Consent and Assumption of Risk

By agreeing to this document, I confirm that:

- I have read and understood this **Assumption of Risk and Parental Consent Form**.
- I voluntarily assume all risks associated with my child's participation in martial arts training.

- I consent to my child taking part in classes at **PlayStrong**.
- I understand that while **PlayStrong** takes reasonable precautions to ensure safety, injuries may still occur.
- I confirm that my child will follow the code of conduct and listen to instructor guidance.
- If my child has any medical conditions, I have disclosed them to the club.

If you have any concerns or questions about this document, please speak to the instructor or contact us at matt@play-strong.co.uk.