

RELEASE OF ALL LIABILITY CLAIMS

In consideration of the **PENN STATE TAE KWON DO CLUB** providing instruction to me, attempting to further my knowledge and permitting me to participate in the **PENN STATE TAE KWON DO CLUB**, I,
_____ (print name) hereby agree as follows:

1. I hereby covenant not to bring any action legal, equitable, or otherwise, or to make any claim of any nature whatsoever against The Pennsylvania State University, its officers, trustees, employees, and agents, the **PENN STATE TAE KWON DO CLUB** and its officers, instructors, representatives and any other persons involved with the **PENN STATE TAE KWON DO CLUB** activities, either directly or indirectly, for any personal injury or injuries, including death or property damage which I or others might sustain in engaging in **PENN STATE TAE KWON DO CLUB** activities necessarily or incidentally associated therewith.
2. I do hereby release and further discharge The Pennsylvania State University, its trustees, officers, employees, and agents, and the **PENN STATE TAE KWON DO CLUB**, its officers, instructors, representatives and any other persons, either directly or indirectly, of any responsibility or liability of any nature to me for any personal injuries, death or property damage which I may suffer or incur either directly or indirectly as a result of my participation in **PENN STATE TAE KWON DO CLUB** activities.
3. **I MAKE THESE COVENANTS, RELEASES AND WAIVERS KNOWINGLY AND VOLUNTARILY WITH FULL KNOWLEDGE OF ANY EXISTING DANGERS IN TRAINING, PRACTICING, PLAYING, TRAVEL, AND ANY OTHER CLUB ACTIVITIES; WHICH DANGERS I HEREBY FURTHER EXPRESSLY VOLUNTARILY ASSUME.**
4. I further make these covenants, releases, and waivers to bind myself, my executors, heirs, administrators and assigns to the fullest extent.
5. I do execute this Release with the intent to be legally bound hereby for myself and on behalf of my heirs, administrators, executors and assigns.

Signature _____

Date _____

PSU Student ID # _____

Email Address _____

Phone # _____

PARTICIPATION AGREEMENT FOR THE PENN STATE
TAE KWON DO CLUB

The **PENN STATE TAE KWON DO CLUB** involves strenuous physical activity. **Health professionals recommend that all participants complete a physical exam or have a doctor's approval prior to beginning any exercise program and strongly urge all participants over the age of 45 to have a graded exercise test prior to beginning any exercise program.**

Participation in the **PENN STATE TAE KWON DO CLUB** involves physical contact and aggressive combat with an inherent degree of risk. Possible injuries include, but are not limited to, muscle strains, concussions, contusions, lacerations, eye and facial injuries, sprains, broken bones and rarely, stroke, cardiac malfunction, or other types of catastrophic injury. **All participants must assess their physical condition and the possibility of injury.**

The instructor for this activity (is) (is not) a certified **TAE KWON DO** instructor.

Each participant must read, understand and be familiar with the "Safety and Expected Conduct Rules" as listed below.

The safe conduct of any group activity, such as the **PENN STATE TAE KWON DO CLUB**, is dependent upon the individual actions of each member of the group. The participant has an obligation to refrain from dangerous or disruptive activity that might endanger the participant or any other member of the group. The use of drugs, alcohol, or any other substances that might be dangerous or detrimental to the participant's performance as a member of this organization is strictly prohibited. In addition:

- A. The undersigned understands that he/she is fully responsible for any and all medical expenses that he/she might incur as a result of his/her participation in any of the **PENN STATE TAE KWON DO CLUB** activities.
- B. The undersigned certifies that he/she has adequate medical/hospital insurance coverage that will cover any and all medical expenses resulting from his/her participation in any of the **PENN STATE TAE KWON DO CLUB** activities.
- C. The undersigned agrees that any travel conducted in conjunction with **PENN STATE TAE KWON DO CLUB** activities is voluntary and discretionary. **THE UNIVERSITY DOES NOT ASSUME ANY LIABILITY FOR SUCH VOLUNTARY TRAVEL.**

INSURANCE COMPANY _____

POLICY # _____

- 1. The undersigned further agrees to conduct himself/herself in a **SAFE** and **PRUDENT MANNER** at all times while participating in the **PENN STATE TAE KWON DO CLUB** activities.
- 2. The undersigned has read and understands the importance of securing a physician's approval of the undersigned's participation in the **PENN STATE TAE KWON DO CLUB** activities prior to participation in those activities.
- 3. The undersigned has read this Agreement and fully understands the risks involved with the **PENN STATE TAE KWON DO CLUB** activities and willingly agrees to accept and assume those risks during this club sport program and further agree to exonerate and save harmless **PENN STATE TAE KWON DO CLUB**, its officers, trustees, agents and employees from any and all liability, claims, causes of action or demands of any kind and nature whatsoever which may arise by or in connection with the undersigned's participation in and activities related to the **PENN STATE TAE KWON DO CLUB**.
- 4. The undersigned agrees to follow any verbal and/or written instructions provided by the coaches and/or supervisors during each **PENN STATE TAE KWON DO CLUB** activity.
- 5. I have read and understand the "Martial Arts Clubs Safety Guidelines."

Participant's signature

Date

MARTIAL ARTS CLUBS SAFETY GUIDELINES

(Your copy)

1. All club members will be instructed in how to access the Emergency Medical Services System (EMS) and the University Police Services.

To request ambulance, police services, or fire services, DIAL 911 on any phone (campus or pay)

Be prepared to tell the dispatcher:

1. The nature of the emergency (unconsciousness, no pulse, bleeding, head injury, etc.)
2. Your name and location
3. Site of the emergency within the building

Someone should wait for the EMS or Police Services personnel at the entrance to the building and direct them to the accident site.

2. Instructors must have current Cardio-pulmonary Resuscitation and Standard First Aid Certifications.
3. It is recommended that all members have a physician's approval prior to participating in any physical exercise program.
4. All club members must be informed of the possible risks of participation in club activities and sign an agreement that they fully understand and accept these risks.
5. All practice is to be on a non-contact basis. Striking r physical abuse of students during club instruction, practice or testing is prohibited.
6. Standardized rules for martial arts competition, sanctioned by a national certifying organization, should be used. (i.e. National Amateur Athletic Union Rules, World Union of Karate-do Organizations, etc.)
7. All club members must wear appropriate safety equipment during free sparring. Minimum safety equipment will consist of a mouthpiece and for males a strike cup. The use of closed cell foam protective equipment on hands and feet is highly recommended.
8. Club members will not engage in training, exhibitions, or testing which requires them to break objects with their head, to break glass, flaming objects, to have objects broken over their bodies or to be used as targets of weapons strikes.
9. Weapons shall not be used during free sparring unless full body protection, such as kendo armor, is used and the weapons are designed for that purpose. (i.e. padded surface, no sharp edges, or points) No weapons of any kind are permitted in the IM Building Wrestling Room at any time.

(over)

10. The following techniques are prohibited during free sparring or mat competition nor should they be applied with any force during practice: Any form of neck break, choke hold, suffocation hold, or throws designed to injure the head, neck, spine or joints.
11. Breakfalls, throws, sweeps, and takedowns are to be practiced on a closed cell foam mat.
12. Those individuals who demonstrate uncontrolled aggressive attitudes or behavior whether in or out of class will be prohibited from membership.
13. Approval for the use of any martial arts weapon must be obtained from The Department of University Safety in accordance with University Policy SY-12.