

Essential Guidance and Training Waiver for Students and Parents

As you know, due to the current Coronavirus pandemic and subsequent government guidance, we have been forced to close the venue until further notice. This was absolutely the right thing to do to prevent the virus from spreading faster and to protect all the students who train with us. But as you know, it takes more than a pandemic virus to stop us from training!

The situation is not ideal but we are all going to use it to adapt our training, learn to train at home and stay on track for our personal training development, health and wellbeing and next gradings, whenever that may be. We are creating activities which may include monthly training plans that you can follow, complete and sign off, plus workouts so you can practise skills and keep up with your physical fitness.

This period of time may mean that the next gradings are based on the work we are able to do at home which will be core skill development and a possibly a completed training log diary.

It's all still a work in progress and we will continue to develop this as time goes on.

In the meantime, please use your own discretion on suitability for all exercises and training space needs for safe practise for you and/or your child and for the safety and care of the surrounding areas in your home.

We have created some resources to enjoy and training routines to start with but before you go any further, please see the guidelines below:

PARENTS Here's how you can help your child to train at home:

- **EMOTIONALLY SET IT UP PROPERLY:** On the first day with a lot of enthusiasm and fun. Give your children ownership of this by allowing them to choose what time they start the worksheet, where they display the sheet and how many times a week they'd like to practice.
- **ENTHUSIASM:** Remind your children each session with enthusiasm, as if reminding them to play.
- **CREATE MOMENTUM:** Be with them to tick off 2-3 techniques at the beginning of each session to create momentum.
- **PRAISE:** Most importantly, remember to give plenty of praise and encouragement when they tick off the routine day or date.

Please before you continue any further it is essential you read the following waiver, guidelines and permissions below.



ONLINE TRAINING WAIVER

I understand that by clicking on any link and participating in any of the online resources that:

I confirm that in taking part in these online classes I am over the age of 16 or, that I am a parent or guardian responsible for the supervision of class participants under the age of 16 (minors). I confirm that I am solely responsible for my health and safety during the online class, and where I am a parent or guardian responsible for the supervision of minors during the online class, I hold sole responsibility for ensuring the health and safety of such minors during the online class. I, and any minor for whom I am responsible, take these online classes at my own risk and I understand that they may be physically strenuous, and I voluntarily participate in them with full knowledge that there is risk of personal injury. I also understand that the Instructors in online classes cannot see class participants or guide class participants during classes. I therefore take full responsibility for my actions and the actions of any minors for which I am responsible during the class. To the fullest extent permitted by law, Samurai centre, Amatsu Tataru Martial arts uk llp and its instructors shall not be liable in contract, tort, negligence, breach of statutory duty or otherwise for any loss, damage, costs or expenses of any nature whatsoever incurred or suffered by me or any minor in my care, except in the case of death or personal injury caused by Samurai centre , Amatsu Tataru Martial arts uk llp and its instructors negligence or fraud.

Rights of Use

Please understand and appreciate we have made these exercises and resources available especially for you and they are only intended for our extended family of student members. Please use them yourself and please do not publish or make available in any way or format to any one else.

We are private people and a private organisation.

We don't give anyone permission to duplicate, copy, imitate or make them available to any one else. These resources are copyrighted and are only available to our school members. We retain the copyright of our images and material for our own school and instructors privacy.

Care, Safety and Responsibility

All responsibility for the suitability of the health and welfare of the student and suitability to participate in the activities/resources, the suitability of the flooring and surrounding area's safety considerations, including personal or home items, is accepted and upheld by the parent or guardian of the child, if under 18. If over 18 it is also accepted that it is the participant's responsibility to discern whether to follow or participate in all or any way.

The Samurai Centre and its instructors do not assume or accept any supervisory or personal responsibility in any case of any accidents or injuries that may occur whilst practising or following along in any activities or routines we make available. By choosing to click on the video links and participate, it will be accepted that you agree to these terms and conditions and will supervise and advise your children.

Guidelines for Home Training

1. You must discern if you or your child is in good health & physical shape to follow exercise routines.
2. Is the flooring safe or adequate? Ensure it is not slippery and cushioned enough, clear of obstacles and spacious enough not to collide with others.
3. Is the floor space adequate and all possible dangers from falling or moving around been mitigated. (e.g. sharp corners of furniture).
4. Have ornaments, TV's etc been cleared so any participation in training will not cause an accident or breakages.

Please consider all the above and more to ensure yourself and your child's personal safety.