

# Shotokan Karate International Australia Incorporated

## Informed Consent and Participation Commitment

For participation in Shotokan Karate International Australia Inc. and Australian Karate Federation training, competition and related activities.

### **PART A**

Shotokan Karate International Australia Incorporated (SKIA) and Australian Karate Federation (AKF) training, competition, and related Karate-Do activities are designed to be non-contact. Due to the very nature of Karate-Do, physical and mental demands can be very high. Techniques are often delivered at high speed and participants are required to move with rapid changes of direction. Also, due to the nature of training and competition, participants may be required to train with and compete against others of mixed ranges of age, weight, height and skill levels.

Various musculoskeletal injury may result simply due to the high velocity movement. Also, unintentional physical contact may result during technique delivery, evasion or application of unbalancing or counter techniques.

As a member of SKIA you agree to follow the directions of the Sensei/Teacher. Also, you agree to apply yourself, to the best of your endeavours, to development of your character, to be truthful, to foster and display a spirit of effort, to apply proper etiquette, and to display courage without impertinence.

You are advised of this inherent risk and the participation commitment expected and by signing this *Informed Consent and Participation Commitment Form* and taking part in SKIA and AKF karate activities (or if a parent or guardian allowing your child to take part), you knowingly accept that risk and commitment for yourself (or you child) and absolve Shotokan Karate International Australia Inc. and the AKF of any injury, physical or otherwise, that may result due to these inherent risks and participation commitment.

### **PART B**

Therefore, as a parent or legal guardian of the Nominated Junior Age Participant below, I declare that I have read and fully understand the above outlined inherent risks of Karate -Do and the endeavours expected of participants (as per Part A) and give my informed consent for participation in SKIA and AKF karate activities.

Nominated Junior Age Participant: \_\_\_\_\_  
Please print above!

Legal Parent/Guardian: \_\_\_\_\_  
Please print above!

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **PART C**

As a physically fit and mentally competent adult, I declare that I have read and fully understand the above outlined inherent risks of Karate-Do and the endeavours expected of participants (as per Part A) and give my informed consent for participation in SKIA and AKF karate activities.

Name: \_\_\_\_\_  
Please print above!

Signature: \_\_\_\_\_ Date: \_\_\_\_\_