

MIRANDA RSL YOUTH CLUB ENROLMENT FORM

CIRCLE APPLICABLE ACTIVITIES: - TRAMPOLINING - TUMBLING - KARATE

NAME _____ SCHOOL _____

ADDRESS _____

POSTCODE _____ PHONE _____ BIRTHDAY _____

CURRENT AGE _____ TERM OF ENROLMENT - 1st _____ 2nd _____ 3rd _____ 4th _____

MALE / FEMALE? _____ RETURNING MEMBER? YES/NO _____

EMAIL ADDRESS: _____

PARENT'S/GUARDIAN'S NAMES _____

HOW DID YOU HEAR ABOUT US? _____

1. I will encourage my son/daughter to adhere to all the rules and regulations of Miranda RSL Youth Club and to uphold the Code of Ethics.
2. If required, I am willing to give assistance towards the smooth running of this activity.
3. I agree to supply the uniform stipulated by the Youth Club.
4. If my son/daughter is unable to attend class, I will inform the person in charge.
5. It is understood that photos & videos of my son/daughter, relating to the Miranda RSL Youth Club Activities, may appear on the Miranda RSL Youth Club Website, To The Point Magazine & some promotional items.

I consent to my son/daughter enrolling in this Youth Club and will ensure that he/she carries out all commitments.

DATE _____ | _____

(Signed) PARENT/GUARDIAN

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

For most people moderate to vigorous physical activity should not pose any problem or hazard. This Questionnaire has been designed to identify the small number of persons for whom moderate to vigorous physical activity, such as practiced at the Miranda RSL Youth Club, might be inappropriate or those who should have medical advice concerning any precautions that should be taken in relation to such activity.

Common sense is your best guide in answering these few questions. Please read them carefully and circle the **YES** or **NO** opposite the question it applies to.

- | | | | |
|-----|----|---|--|
| YES | NO | 1 | Has your doctor ever said you have heart trouble? |
| YES | NO | 2 | Do you frequently have pains in your heart and chest? |
| YES | NO | 3 | Do you often feel faint or have spells of severe dizziness? |
| YES | NO | 4 | Has your doctor ever said your blood pressure was too high? |
| YES | NO | 5 | Has your doctor ever told you that you have a musculoskeletal problem, which may be aggravated or might be made worse with exercise? |
| YES | NO | 6 | Is there any mental or physical reason, not mentioned here, why you should not follow an activity program or undertake vigorous exercise, specifically Miranda RSL Youth Club Activities, even if you wanted to? |
| YES | NO | 7 | Are you female and over the age of 45 or male over the age of 35 and not accustomed to moderate to vigorous exercise? |

If have answered YES	If have answered NO
to one or more questions Please consult with your personal doctor BEFORE you attend the Miranda RSL Youth Club Activity. Tell him/her to what questions you have answered YES!	to all questions If you have answered accurately, you have reasonable assurance of your present suitability for involvement in the moderate to vigorous Activity Program you have chosen.

MIRANDA RSL YOUTH CLUB INCORPORATED - SHOTOKAN KARATE ACTIVITY

INFORMED CONSENT and PARTICIPATION COMMITMENT

For, participation in Miranda RSL Youth Club - Shotokan Karate International, Shotokan Karate International Australia and Australian Karate Federation training, competition and related activities.

PART A

Miranda RSL Youth Club - Shotokan Karate International, Shotokan Karate International Australia and Australian Karate Federation training, competition and related activities, often involves physical contact between participants. 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 change 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 required by Karate-do activity. Also, unintentional physical contact may result during technique delivery, evasion or application of unbalancing or counter techniques.

As a member of Miranda RSL Youth Club - Shotokan Karate International you agree to follow the directions of the Sensei/Teacher. Also you agree to apply yourself, to the best of your endeavours, to develop your character, to be truthful, to foster and display a spirit of effort, to apply proper etiquette, and 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 Miranda RSL Youth Club - Shotokan Karate International, Shotokan Karate International Australia and Australian Karate Federation Karate activities (or if a parent or guardian allowing your child to take part), you knowingly accept that risk and commitment for yourself (or your child) and absolve Miranda RSL Youth Club - Shotokan Karate International, Shotokan Karate International Australia and Australian Karate Federation 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 Miranda RSL Youth Club - Shotokan Karate International, Shotokan Karate International Australia and Australian Karate Federation training, competition and related activities.

Nominated Junior Age Participant: _____
(Please print)

Legal Parent/Guardian: _____
(Please print)

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 Miranda RSL Youth Club - Shotokan Karate International, Shotokan Karate International Australia and Australian Karate Federation training, competition and related activities.

Name: _____
(Please print)

Signature: _____ Date: _____