

**ETHOS PARKOUR AND MOVEMENT INC.**  
**Participant Registration Form**

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

Student's name: \_\_\_\_\_

Gender: \_\_\_\_\_

Parent's name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Primary phone: \_\_\_\_\_

Secondary phone: \_\_\_\_\_

Emergency contact - name and phone (other than listed above):

\_\_\_\_\_

Birthdate; Age: \_\_\_\_\_

Allergies: \_\_\_\_\_

Special needs/disabilities: \_\_\_\_\_

Medications: \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

**ETHOS PARKOUR AND MOVEMENT INC.**  
**Waiver (page 1 of 2)**

Strenuous physical exercise can be a dangerous activity. There are inherent risks in any physical activity, intense fitness training and parkour is no exception. Ethos Parkour and Movement Inc. wishes its participants to exercise and train safely within the boundaries of their own capabilities.

Involvement in dangerous sports and related activities carries a significant risk of damage to property, injury, and/or death. Participate at your own risk! You should become knowledgeable about the risks involved and assume personal responsibility for you or your child's/children's actions. Opinions concerning the technical difficulties, fitness requirements, safety and ratios are subjective and may differ from yours or other's opinions, therefore be warned that you must exercise your own judgement as to the difficulty and your ability to safely protect yourself from the inherent risks and dangers. DO NOT participate unless you are a skilled and experienced sports person who understands and accepts the risks of participating in dangerous sports and exercise activities.

Safety, dedication, discipline and commitment are fundamental principles of parkour. But even with safety, dedication, discipline and commitment come the occasional scratches, cuts, bruises, and possible strains and sprains. This is the norm during the practice of parkour.

I am aware that some or all of the exercises will require me or my child to engage in many strenuous activities. I understand that in order to receive parkour instruction, I must give up my rights as a participant, and/or a parent/guardian to/of a child participant, to hold Ethos Parkour and Movement Inc., any of its instructors, owners, staff, or training location property owner liable for any injury I and/or my child/children may suffer during training and participating in any Ethos Parkour and Movement Inc. classes and/or events.

**ETHOS PARKOUR AND MOVEMENT INC.**  
**(Waiver continued, page 2 of 2)**

I acknowledge that Ethos Parkour and Movement Inc. does not support or condone the reckless and irresponsible practice of parkour, or related disciplines in dangerous or illegal activities (eg roof jumping, trespassing).

I certify that I/my child am/is in good health and have no physical condition that would prevent participation in the event/classes or put me at greater risk for injury. I understand that if during the course of my training I develop any medical conditions or injuries that I will inform my instructor about them immediately.

By signing this waiver, I release and discharge Ethos Parkour and Movement Inc., any of its instructors, owners, staff, or training location property owner, from any and all claims and liabilities of personal injury and partial or permanent disability of any kind. I also understand and agree that by signing this release form, I am assuming full responsibility for any and all risk of death and personal injury to myself, and or child/children, or property damage suffered while receiving instruction in parkour.

Lastly, If I am signing on behalf of a minor child, I give permission to Ethos Parkour and Movement Inc to administer first aid deemed necessary, and in case of serious injury, I give permission to call for medical and/or surgical care the the child and to transport the child to a medical facility deemed necessary for the well being of the child.

Name: \_\_\_\_\_

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

Child's name: \_\_\_\_\_

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

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**ETHOS PARKOUR AND MOVEMENT INC.**  
**Behavioural Policy**

At Ethos Parkour and Movement, we strive to cultivate a safe and fun atmosphere for everyone. In order to preserve this, we require our students to maintain the following behavioural standards:

- #1: Listen when the coach is talking
- #2: Only go on equipment with coach's permission
- #3: Strictly no horseplay, pushing or shoving other students - ZERO TOLERANCE
- #4: Focus - the key to safety and success in parkour

Students who choose not to abide by the Behavioural Policy will have to sit out of class. Continued issues may result in the student being released from remaining classes without reimbursement.

Name: \_\_\_\_\_

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

Child's name: \_\_\_\_\_

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

**ETHOS PARKOUR AND MOVEMENT INC.**  
**Photo/Video Release**

I acknowledge that my photo, and/or my child/children's photo or personal likeness may be taken and hereby give permission for my and/or my child/children's likeness to be used for promotional uses, both at this time or at a later date. I acknowledge Ethos Parkour and Movement Inc.'s right to crop/treat the likeness at its discretion. I will make no monetary or other claim against Ethos Parkour and Movement Inc. for the use of photos, video, and/or personal likeness.

Yes\_\_\_\_\_ No\_\_\_\_\_

Name:\_\_\_\_\_

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

Child's name:\_\_\_\_\_

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