

Participation and Risk Acknowledgement

This declaration applies to participation in Brazilian Jiu-Jitsu, grappling, conditioning, open mats, seminars, competitions, training camps and other sporting activities organised or supervised by The Rollin' Club.

1. Nature of the Activity

I understand that Brazilian Jiu-Jitsu and related grappling activities are full-contact sports involving, among other things:

- physical contact with other participants;
- throws, takedowns and falls;
- joint locks, chokes and submission techniques;
- rolling, sparring and positional resistance;
- physical exertion, pressure and rapid changes of movement; and
- accidental collisions with other participants, mats, walls or equipment.

2. Inherent Risks

I understand that participation involves inherent risks even where training is properly organised and participants act responsibly.

Possible injuries include, without limitation:

- bruises, cuts and abrasions;
- strains, sprains and muscular injuries;
- joint, ligament and tendon injuries;
- dislocations and fractures;
- dental and facial injuries;
- concussion and other head injuries;
- temporary loss of consciousness;
- skin infections and other communicable conditions; and
- in rare cases, permanent disability, serious injury or death.

I understand that this list is not exhaustive.

3. Voluntary Participation

I participate voluntarily and may stop participating at any time.

I understand that no participant is required to perform a technique, spar with a particular person or continue a round when they do not feel safe.

I am responsible for assessing whether I am physically and mentally able to participate. Where I am uncertain about my fitness to train, I will obtain appropriate medical advice before participating.

4. Health and Safety Responsibilities

I agree that I will:

- comply with the Mat Etiquette & Safety Rules;
- follow reasonable instructions given by the responsible coach;
- inform the coach of injuries, restrictions or conditions relevant to safe participation;
- refrain from training while suffering from a contagious illness or skin condition;
- stop training and notify the coach if I become injured or unwell;
- tap early and clearly when caught in a submission;
- release any submission immediately when my partner taps or asks me to stop;
- train with appropriate control and consideration for my partner; and
- refrain from participating while impaired by alcohol, recreational drugs or other substances.

I understand that the Club's coaches are not providing medical diagnosis or individual medical advice.

5. Assumption of Inherent Risk

I knowingly accept the ordinary and inherent risks associated with properly conducted Brazilian Jiu-Jitsu and grappling activities.

I understand that the occurrence of an injury does not, by itself, establish that the Club, a coach or another participant has breached a legal duty.

This acknowledgement does not require me to accept risks caused by unlawful conduct, intentional misconduct or a legally actionable breach of duty.

6. Emergency Assistance

If I become injured or unwell, I agree that the Club may:

- provide reasonable basic first aid;

- stop my participation;
- contact my emergency contact; and
- contact emergency medical services where reasonably considered necessary.

This provision does not authorise medical treatment beyond reasonable first aid and emergency assistance.

7. Liability

Liability is determined exclusively in accordance with applicable law.

Nothing in this declaration excludes or limits:

- liability for injury to life, body or health resulting from a negligent breach of duty by the Club, or from an intentional or negligent breach of duty by its legal representatives or persons engaged to perform its obligations;
- liability for any other damage caused intentionally or through gross negligence; or
- any other liability that cannot lawfully be excluded or limited.

To the extent permitted by law, the Club does not assume responsibility merely because an injury results from an inherent risk of the sport or from conduct for which the Club is not legally responsible.

8. Personal Property

Participants are responsible for their personal belongings.

To the extent permitted by law, the Club is not responsible for loss, theft or damage to personal property unless the loss or damage was caused by a breach of duty for which the Club is legally responsible.

9. Minors

Where the participant is under 18, a parent or legal guardian must confirm that:

- they have read and understood this declaration;
- they consent to the minor's participation;
- they have explained the relevant safety rules to the minor in an age-appropriate manner; and
- they will provide the Club with accurate emergency contact details.

The minor must also follow the instructions of the coaches and the Club's safety rules.

10. Applicable Law

This declaration is governed by the laws of the Federal Republic of Germany.

If any provision is invalid or unenforceable, the remaining provisions remain unaffected. The invalid provision will not be replaced by a provision that unlawfully disadvantages the participant.

Participant Confirmation

I confirm that:

- I have read and understood this Participation and Risk Acknowledgement;
- I have had the opportunity to ask questions before participating;
- I understand the inherent risks of Brazilian Jiu-Jitsu and grappling;
- I agree to comply with the Club's safety rules; and
- I participate voluntarily.

Participant name: _____

Date of birth: _____

Date: _____

Signature or documented digital acceptance: _____

Parent/legal guardian name, where applicable: _____

Date: _____

Signature or documented digital acceptance: _____