

## **Informed Consent and Acknowledgement of Risk**

### **To be completed for participants under the age of 19**

This form is an agreement between the parent/custodial guardian of the youth participant named below and Origins Parkour Ltd. The intent of this form is to provide you with knowledge of the activities' benefits and risks, so that the choice of whether to participate is an informed one.

#### **Benefits**

Origins Parkour Ltd facilitates the development of physical fitness, movement skills, and athletic competence through instruction provided by our facility's staff and through the hosting of a world-class athletic training facility. Our instructional programs build participants' confidence as they learn the true extent of their capabilities and progressively expand them. Furthermore, parkour training offers a skillset that can be useful in many real-life situations, including emergencies.

#### **Risks**

Parkour training involves the development of skills that allow participants to traverse their environment, interacting with physical objects in various ways. As such our facility and remote program set-ups may include a variety of hard surface equipment (wood, metal), as well as soft surface equipment (mats, foam blocks, foam pit) to learn and practice on. While our instruction and gym safety orientation are aimed at reducing the likelihood of injury, physical training in such an environment carries with it some inherent risks, including but not limited to: fainting, abnormal blood pressure, musculoskeletal injuries (such as neck and back strains, muscle strains, muscle pulls, tendon and ligament damage, damage to joints or bone fractures), paralysis, death, or damage to oneself, property, or to third parties resulting from:

- a) Falling and impacting wall surfaces or the ground, including any fixed or mobile objects, obstacles, or equipment, including wooden, metal, and/or foam objects, obstacles, or equipment;
- b) Tripping on or becoming entangled in soft equipment such as mats or the foam pit;
- c) Falling participants or equipment, such as shoes or weights;
- d) Participation in the physical activity of the sport itself; and/or
- e) Negligence on the part of other participants

Accidents can be a result of the nature of the activity and can occur without any fault on the part of the student, Origins Parkour staff, or third parties.

#### **Agreement (please review the following with the participant)**

We understand and agree that participation in Origins Parkour activities requires the Participant to:

- Share the responsibility for the safety of their self and others during all activities.
- Follow all instructions and directions of Origins Parkour Instructors/ visiting staff. Failure to do so may result in removal from the program.
- Acknowledge the above risks and accept responsibility for all damages and loss resulting from their participation.
- We may contact Origins Parkour in advance if I have questions about the risks described above or pertaining to any other aspect of the program.
- This Agreement will be governed and interpreted in accordance with the laws of the Province of British Columbia.

My signature below indicates that I understand and accept the risks involved in participation in the programs with Origins Parkour, and I give my informed consent to my child's participation in the program.

\_\_\_\_\_  
Custodial Parent/Guardian Name

\_\_\_\_\_  
Custodial Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant Name

\_\_\_\_\_  
Participant School