The Femme of Fighting

Participant Agreement & Registration Form

Welcome

Welcome to The Femme of Fighting.

Thank you for choosing to train with us. Our aim is to cultivate confidence, capability and self-protection through intelligent martial arts training in an environment founded on safety, respect, consideration and personal responsibility.

Before participating, please complete this form. It helps us get to know you, understand any information relevant to your health, wellbeing and participation, and outlines our shared commitment to creating a safe, respectful and supportive training environment. It also includes the terms of your participation.

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1. Participant Information

Full Name:

Preferred Name (optional):

Pronouns (optional):

Date of Birth:

Email Address:

Mobile Number:

Residential Address (for emergency and administrative purposes):

Emergency Contact (Name, Relationship & Phone Number):

2. Health & Wellbeing

To help us provide a safe and supportive training environment, please let us know about any injuries, medical conditions (including mental health conditions where relevant), or physical limitations that may affect your participation. This information allows us to make reasonable adjustments where possible. It remains your responsibility to train within your own capabilities and seek medical advice where appropriate. We endeavour to have a trauma-informed approach wherever possible.

☐ I have no relevant medical conditions or injuries.

☐ Please provide details:

3. Training Profile

Current & Previous Training Experience

Please tell us about any current or previous experience in martial arts, self-protection, combat sports, yoga, dance, pilates, gymnastics, movement practices or other relevant disciplines.

How did you hear about The Femme of Fighting?

- [ ] Word of mouth
- [ ] Friend or family member
- [ ] Instagram
- [ ] Facebook
- [ ] Discord
- [ ] Google
- [ ] Other (please specify):

What brings you to The Femme of Fighting? (Select all that apply.)

- [ ] Practical self-protection skills
- [ ] Strength and conditioning
- [ ] Mobility and coordination
- [ ] Breathing and relaxation
- [ ] Mental wellbeing
- [ ] Massage and bodywork
- [ ] Intuitive awareness and psychic development
- [ ] Body awareness / somatic intelligence
- [ ] Confidence with physical contact or confrontation
- [ ] Boundary-setting and assertiveness
- [ ] Stress regulation / staying calm under pressure
- [ ] Movement exploration
- [ ] Social connection
- [ ] Other (please specify):

Is there anything else you'd like your Instructor to know to help support your training?

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4. Training Guidelines

Safety & Personal Responsibility

Martial arts and self-protection training involve physical activity and, like all physical disciplines, carry an inherent risk of injury. While every reasonable precaution is taken to provide a safe training environment, risk cannot be completely eliminated. We ask every participant to train with awareness, communicate openly, and make informed decisions about their own participation. If at any time you feel unable to safely perform an activity, please stop and speak with your Instructor.

Participants may not attend training while under the influence of alcohol, illicit drugs, or any medication or substance that may impair judgement, awareness or physical ability. If you are unsure whether it is safe for you to participate, please speak with your Instructor before training.

Pregnancy

If you are pregnant, or become pregnant while training with The Femme of Fighting, please let your Instructor know so that training can be modified where appropriate. We recommend seeking advice from your doctor or suitably qualified health professional regarding your participation in martial arts and self-protection training during pregnancy.

Jewellery & Body Piercings

For your safety and the safety of others, we recommend removing jewellery before training wherever practical. If you choose to train with jewellery or body piercings in place, please be mindful of the potential risks, including injury or damage. Personal responsibility is an important part of our training culture, and participants are expected to make informed decisions about the level of risk they are willing to accept.

Respect & Inclusion

We are committed to creating a training environment where everyone is treated with dignity and respect. We ask all participants to communicate respectfully, respect personal boundaries, and contribute to an environment where people of all backgrounds, identities and experience levels feel welcome. Discrimination, harassment, bullying or behaviour that compromises the safety or wellbeing of others will not be tolerated.

Training Together

Much of our training involves working with a partner/s. We ask every participant to approach partner training with awareness, communication and consideration.

Participants are expected to:

- Respect their training partner's physical boundaries and comfort level.
- Apply techniques with appropriate control.
- Communicate openly throughout activities.
- Stop immediately if their partner asks them to stop or if instructed by an Instructor.
- Contribute to a learning environment built on trust rather than competition.
- Inform your training partner/s if you have an injury, limitation or concern that may affect your training together.

Please refer to our website or social media pages for FAQ and more information about our training philosophy and culture.

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5. Participant Agreement

By participating in training with The Femme of Fighting, I acknowledge and agree that:

- I understand the inherent risks associated with martial arts and self-protection training.
- I choose to participate voluntarily and accept responsibility for my decision to train.
- I confirm that I am physically able to participate or have sought appropriate medical advice before commencing training.

- I will inform my Instructor of any injury, illness or change in my health including pregnancy that may affect my participation.
- I agree to advise my Instructor if there is any change to my health or medical circumstances that may affect my participation in future training sessions.
- I agree to follow my Instructor's directions and the Training Guidelines outlined in this document.
- I understand that personal responsibility is a fundamental part of my training. I will make informed decisions about my own participation, communicate openly if I have concerns, and stop any activity that I believe cannot be performed safely.
- I understand that I may be responsible for damage caused through reckless or negligent behaviour.
- I understand that the techniques taught at The Femme of Fighting are provided for educational and self-protection purposes. I accept that I am solely responsible for my decisions and actions outside of training, including how and when I choose to apply any knowledge or techniques learned through my participation.
- I understand that The Femme of Fighting cannot supervise or control how participants practise or apply techniques outside of organised training sessions and accepts no responsibility for injuries, loss or damage arising from the unsupervised use or application of those techniques, except where liability cannot legally be excluded.
- The skills taught at The Femme of Fighting are intended to support personal safety, self-protection and responsible decision-making. Participants are expected to use sound judgement and to act lawfully and responsibly when applying any techniques learned through Training.
- If I am pregnant or become pregnant during my participation, I agree to inform my Instructor, seek appropriate medical advice regarding my participation where necessary, and follow any recommended modifications or restrictions. I understand that certain training activities may be modified or excluded during pregnancy for safety reasons. The Femme of Fighting may request medical clearance before participation or continued participation where there are particular health or safety concerns.

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6. Release of Liability

I understand that I participate voluntarily and accept the inherent risks associated with martial arts and self-protection training. To the fullest extent permitted by Australian law, I release and indemnify

The Femme of Fighting, its instructors and representatives from liability arising from my participation, except where liability cannot legally be excluded.

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7. Photography & Privacy

From time to time, photographs or video may be taken during classes or events for promotional or educational purposes. If you do not wish to appear in photographs or videos, please let your Instructor know before training and your preference will be respected.

Personal information collected through this form is handled in accordance with Australian privacy legislation and used only for purposes related to your participation.

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8. Participant Declaration

- ☐ I have read and understood this Participant Agreement & Liability Waiver.
- ☐ I have read and agree to follow the Training Guidelines.
- ☐ I understand the inherent risks associated with training and choose to participate voluntarily.
- ☐ The information I have provided is true and complete to the best of my knowledge.

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9. Communication Preferences

May we contact you regarding your booking or if we need further information about this form?

☐ Yes ☐ No

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10. Stay Connected

Would you like to receive occasional updates via our mailing list about workshops, courses and events from The Femme of Fighting?

☐ Yes ☐ No

By signing this document, you acknowledge that you have read, understood and agree to be bound by the Participant Agreement, Training Guidelines and Release of Liability contained within this document.

Participant Name:

Signature: SIGN

Date: