



# Highlands Judo Dojo

15612 SE 128<sup>th</sup> St, Renton, WA 98059  
425.269.1435 | admin@highlands-judo.com

## Student Information

Full Name: \_\_\_\_\_ Date: \_\_\_\_\_  
*Last First M.I.*

Address: \_\_\_\_\_  
*Street Address Apartment/Unit #*

\_\_\_\_\_  
*City State ZIP Code*

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

DOB: \_\_\_\_\_ Gender (M / F): \_\_\_\_\_

Class Name (PeeWee / Junior / Senior): \_\_\_\_\_

Judo Gi Needed?    No    Yes  
   

USA Judo Member<sup>1</sup>?    No    Yes    If Yes, Membership #: \_\_\_\_\_ (Exp. Date: \_\_\_\_\_ )  
   

Do you have any pre-existing mental/physical conditions that will affect your ability to train?    No    Yes  
   

If Yes, please explain: \_\_\_\_\_

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

## Emergency Contact Information

Name: \_\_\_\_\_  
*Last First M.I.*

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

## Parent/Guardian Information

Name: \_\_\_\_\_  
*Last First M.I.*

Address: \_\_\_\_\_  
*Street Address Apartment/Unit #*

\_\_\_\_\_  
*City State ZIP Code*

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

<sup>1</sup> USA Judo Individual membership is required. Register on-line at [usajudo.com/membership](http://usajudo.com/membership) or by mail using membership [form](#).

## Release and Waiver of Liability and Indemnity Agreement

IN CONSIDERATION of being permitted to utilize the facilities, services and programs of Highlands Judo Dojo for any purpose, including, but not limited to observation or use of facilities or equipment, or participation in any on-site or off-site program affiliated with Highlands Judo Dojo, the undersigned, for himself or herself and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities and/or the affiliated program(s). It is further warranted that such entry into Highlands Judo Dojo for observation or use of any facilities and/or equipment or participation in any such affiliated program(s) constitutes an acknowledgement that such premises and all facilities and equipment thereon and such affiliated programs have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER HIGHLANDS JUDO DOJO FOR ANY PURPOSE INCLUDING, BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY ON-SITE OR OFF-SITE PROGRAM AFFILIATED WITH HIGHLANDS JUDO DOJO, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

1. THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE **United States Judo, Inc., United States Judo Association, United States Judo Federation, American Judo & Jujitsu Federation, American Traditional Jujutsu Association, and Highlands Judo Dojo**, together with its owners, officers, employees, volunteers, members and/or their families (hereinafter referred to as "Releasees") from all liability to the undersigned, his/her personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the Releasees or otherwise while the undersigned is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with Highlands Judo Dojo.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Releasees and each of them from any loss, liability, damage or cost they may incur due to the presence of the undersigned in, upon or about Highlands Judo Dojo premises or in any way observing or using any facilities or equipment of Highlands Judo Dojo or participating in any program affiliated with Highlands Judo Dojo whether by the negligence of the Releasees or otherwise.
3. THE UNDERSIGNED HEREBY ACKNOWLEDGES AND FULLY UNDERSTANDS THAT HE/SHE WILL BE ENGAGING IN A CONTACT SPORT THAT MAY RESULT IN SERIOUS INJURY, INCLUDING DISABILITY, EVEN DEATH. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR ANY AND ALL RISKS OF BODILY INJURY, DEATH OR PROPERTY DAMAGE due to negligence of the Releasees or otherwise while in, about or upon the premises of Highlands Judo Dojo and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with Highlands Judo Dojo. THE UNDERSIGNED further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of Washington and if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.
4. As the parent, legal guardian, or authorized representative, I hereby give consent to Highlands Judo Dojo program to provide all emergency dental or medical care prescribed by a duly licensed physician (MD or DO) or dentist (DDS) for my child. This care may be given under whatever conditions are necessary to preserve the life, limb, or well-being of the child.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNED THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written have been made.

Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Member (PRINT NAME): \_\_\_\_\_

### FOR PARENTS/LEGAL GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE 18)

This is to certify that I, as parent/legal guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation including litigation expenses, attorney fees, loss, liability, damage or costs which may incur as the result of the minor child's participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warnings and conditions and their ramifications.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian (PRINT NAME): \_\_\_\_\_

**COVID-19 Supplemental Liability Waiver**

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is reported to be extremely contagious. The state of medical knowledge is evolving, but the virus is believed to spread from person-to-person contact and/or by contact with contaminated surfaces and objects, and even possibly in the air. People reportedly can be infected and show no symptoms and therefore spread the disease. The exact methods of spread and contraction are unknown, and there is no known treatment, cure, or effective vaccine for COVID-19. Evidence has shown that COVID-19 can cause serious and potentially life-threatening illness and even death.

Highlands Judo Dojo cannot prevent you [or your child(ren)] from becoming exposed to, contracting, or spreading COVID-19 while participating in Highlands Judo Dojo’s activities or entering its premises. **While safety precautions are being implemented**, it is not possible to fully prevent against the presence of the disease. Therefore, if you choose to utilize Highlands Judo Dojo’s services and/or enter onto Highlands Judo Dojo’s premises you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

**ASSUMPTION OF RISK**

I have read and understood the above warning concerning COVID-19. I hereby choose to accept the risk of contracting COVID-19 for myself and/or my children in order to utilize Highland Judo Dojo’s services and enter Highlands Judo Dojo’s premises. These services are of such value to me [and/or to my children,] that I accept the risk of being exposed to, contracting, and/or spreading COVID-19 in order to utilize Highlands Judo Dojo’s services and premises.

**WAIVER OF LAWSUIT/LIABILITY**

I hereby forever release and waive my right to bring suit against Highlands Judo Dojo and its owners, officers, directors, managers, officials, trustees, agents, employees, or other representatives in connection with exposure, infection, and/or spread of COVID-19 related to utilizing Highlands Judo Dojo’s services and premises. I understand that this waiver means I give up my right to bring any claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claim I may have to seek damages, whether known or unknown, foreseen or unforeseen.

**CHOICE OF LAW**

I understand and agree that the law of the State of Washington will apply to this contract.

**I HAVE CAREFULLY READ AND FULLY UNDERSTAND ALL PROVISIONS OF THIS RELEASE, AND FREELY AND KNOWINGLY ASSUME THE RISK AND WAIVE MY RIGHTS CONCERNING LIABILITY AS DESCRIBED ABOVE:**

Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Member (PRINT NAME): \_\_\_\_\_

I am the parent or legal guardian of the minor named above. I have the legal right to consent to and, by signing below, I hereby do consent to the terms and conditions of this Release.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian (PRINT NAME): \_\_\_\_\_

## Etiquette & Rules

1. Be respectful, courteous and helpful to all judoka at all times.
2. Be punctual at all scheduled classes or training sessions.
3. Never practice Judo while under the influence of alcohol or drugs.
4. Do not come to practice if you have open wounds, skin conditions, colds, flu, or communicable diseases
5. Keep finger & toenails trimmed short & clean (for safety reasons).
6. Remove all jewelry and body piercings prior to practice.
7. Female student must wear a white crew neck style T-shirt (no V-neck) under the Judo gi.
8. No eating, drinking or gum chewing on the mat.
9. Help keep the dojo clean and tidy. A clean and tidy dojo is a safe dojo.
10. Practice in clean Judo gi. The Judo gi jacket must always be worn with the left lapel crossed over the right.
11. Remove your shoes prior to entering through the dojo (training hall) door. Change into slippers or zoris before entering dojo floor (if you don't bring yours, you can borrow from the dojo). Always wear slippers or zoris when not on the mat. Properly line up slippers or zoris at the entry area of the mat (together with toes pointing away from the mat area.)
12. Bow when you enter and leave the dojo, and when you step on and off the mat.
13. Always walk around the edges of the mat, and never walk in front a sensei who is watching his students train.
14. When sitting on the mat, sit in a seiza position or cross legged. Do not sit in a reclining position or with your legs outstretched to avoid injury.
15. Any occurrence of bullying, stealing, swearing, or insolence are not acceptable forms of behavior and could result in disciplinary action.
16. If you are late for practice, please wait at the edge of the mat until your sensei acknowledges you before joining the class.
17. If you need to leave the class because of an injury or if you feel ill, you should seek your sensei's permission or acknowledgement. If you feel pain or weakness, you should stop immediately and let your sensei know what is wrong.
18. Parents should not coach or instruct your child on what to do during class, training session, or tournaments because you may tell them something that is incorrect or not safe to do for themselves or the other students. Coaching is only done by Highlands Judo Dojo certified coaches.
19. Seek your sensei's permission before visiting another dojo. Visit only when Highlands Judo Dojo is not practicing. When Highlands Judo Dojo is practicing, you are expected to attend our practices (while maintaining a dojo membership in good standing). The following rules must be observed when visiting the other dojo:
  - Arrive early and approach the head sensei to ask for permission to participate (even though you're well-known to him). Thank him when you leave.
  - Inquire about and pay any required visitors fee, and sign any waiver, if required.
  - Adopt a humble attitude - you are there to learn. Work hard!
  - Be respectful. Remember you are representing Highlands Judo Dojo when you visit.
20. Do not enter a tournament without the consent of your sensei.

## Highlands Judo Dojo Policies

### **Student Admittance**

Students ages 6 and up who are interested in Judo and are willing to make the necessary effort are all welcomed. The first lesson is designed to be an introductory trial lesson/interview. If you're uncertain about joining, talk to your Sensei about the free class promotion to try out Judo without committing to acquiring a USA Judo membership and Judo gi. Students and parents who show interest and compatibility with our teaching style will be admitted. A strong sense of commitment and respect is expected from students and parents who are accepted into the dojo.

### **Insurance Policy**

Highlands Judo Dojo membership requires that you register for USA Judo individual membership. Students must maintain an active USA Judo membership to practice at Highlands Judo Dojo. If you have an existing American Judo & Jujitsu Federation (AJJF) or American Traditional Jujutsu Association (ATJA), you can use it in lieu of USA Judo membership. If you have existing membership with United States Judo Association (USJA) or United States Judo Federation (USJF) membership, you need to contact respective organization to add USA Judo membership to your profile.

### **Membership Requirements**

Highlands Judo Dojo membership is considered in good standing if tuition payments are up-to-date, and attendance is maintained at least 2 practices per week. If any student is given three warnings in class for inappropriate behavior, he/she will be suspended from training privileges. Memberships that are not in good standing will be subject to termination and all training privileges will be revoked.

### **Payment**

Tuition is due on first practice of every month. Private lesson fees are due at the end of each lesson. Payment can be made in cash, check, or credit card. Make check payable to "Highlands Judo Dojo". If you purchase Judo gi, belts, or patches, payment is due at the time of purchase.

### **Refund Policy**

There are no refunds for any classes once the practices have begun (see Withdrawal and Cancellation below). Students who do not attend one or more practices of a class are not due a "partial" refund. Exception is for students who prepaid for 6 months of lessons.

### **Withdrawal and Cancellation**

If three (3) or more practices are cancelled by Highlands Judo Dojo, then student will receive a FULL refund for that month. If the student withdraws before the 1<sup>st</sup> practice of the month, then he/she will receive a FULL refund for that month (or 6 months if the student prepaid for 6 months). If the student withdraws after the 1<sup>st</sup> practice of the month, then credit will be given (see Credit Policy below) for that month and if the student prepaid for 6 months, the remaining 5 months will be refunded.

### **Credit Policy**

Per our no refund policy, credit will be given for any refund request up to 30 days from the original date of sale (not the class start date). Credit applies to any service offered by Highlands Judo Dojo of equal or lesser value. Credit may not be used to purchase merchandise. Any credit not used within 6 months will expire. No exceptions.

### **Merchandise Exchange Policy**

Students can exchange or return Judo gi, T-shirts only if they've not been worn in practice and free of stain and odor. Judo gi, T-shirts cannot be returned once washed.

### **Class Attendance**

Students are expected to attend all scheduled classes and training sessions. Twice a week is a recommended minimum. Note that Advanced Class attendance requires instructor's approval. Students who miss or plan to miss more than a week of classes are expected to contact their Sensei and inform him either by email or phone.

### **Late Pick-ups**

Instructors frequently have other commitments shortly after class ends, we ask that you respect the instructors' time by arriving on time to pick up your children.

### **Private Lessons**

All private lessons must be scheduled in advance via our website, email or SMS text. Fees are due at the end of each session. For members/students under 18 years of age, an adult guardian must be present for the entire lesson. Private lessons may be recorded (audio and video) for instructional purposes and NOT FOR DISTRIBUTION.

### **Make-up Classes**

Highlands Judo Dojo does not offer pro-rating of tuition at any of our classes. However, if a class is missed, it can be made up at one of our evening or weekend classes. If the student misses the make-up class, then no more make-up classes will be offered. No Exceptions.

**Snow Day Closures**

If there's inclement weather like snow and ice, we'll be cancelling classes in accordance with the Renton School District. Make up classes can be made at one our evening or weekend classes.

**Etiquette & Rules**

Students are expected to heed and abide by the Etiquette and Rules included in the document and posted on our website.

**Evaluation & Promotion**

Eligibility for promotion will be based upon the following general requirements, not necessarily in this order:

- Moral character, attitude, and maturity
- Competition records
- Technical proficiency
- General experience, contributions, and time in grade

Testing and evaluation may be conducted by a combination of oral, demonstrative, and/or written examinations. Examinations shall be announced at least a week ahead of time. STUDENTS SHOULD NEVER ASK TO BE PROMOTED.

**Special Events**

Special events are outside class activities designed to supplement the students' training, or group activities to build bonds and have fun as a Judo family. Follow us on our website and social media for posted events.

**Tournaments**

Competition is an invaluable resource for students to learn. Tournaments are normally held on Saturdays. Some tournaments require a blue Judo gi which is an additional expense that students and parents have to be aware of. Students are responsible for paying tournament fees and transportation to and from tournament venues. Highlands Judo Dojo may organize carpools, and/or shared accommodation (for tournaments out of state or in Canada) to help offset the cost.

**Parental Involvement**

Parental involvement is required for younger students. Kids improve quickly and have a better understanding of materials learned if parents are actively involved. Talk to them after class, ask them what they learned in class, what they did and didn't do well, what their favorite technique/drill/game is, etc. They will need a little push from time to time when they don't feel like leaving their Xbox console to go to Judo. We strive to create a fun environment for your kids to practice Judo so that they want to come even though they don't feel like practicing. Judo is hard to master and takes years to cultivate. If your kids don't come, it'll take them longer to learn.

**Quarterly Cleaning**

We have days where the members help clean the dojo hall training area, windows, tatami mats, changing rooms, and parking lot. All adult students are required to assist with this in a traditional effort to build a respect and appreciation for our school.

**Tuition Adjustments**

We'll do our best to keep the tuition low for our students. Under certain circumstances, we might have to adjust the tuition. Any adjustments made to the tuition will be addressed at the beginning of the school year.

**Promotional media**

Highlands Judo Dojo reserves the right to use photos and videos from tournament, Judo classes, and special events for our website and social media.

I have read and understand this policy and agree to the conditions it entails. I affirm that I am at least 18 years of age, or if under 18 years of age, I have obtained the required consent of my Parent/Guardian.

Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Member (PRINT NAME): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian (PRINT NAME): \_\_\_\_\_