

# BigRock Aikikai Summer Day Camp Registration Form - 2019

Summer Day Camps are offered for children **aged 5 to 12**. Children outside this age range will be considered on an individual basis. Camps are divided into two age groups: **a) 9 and under, b) 10 and over**.

Activities take place at our main dojo location – **7004 5<sup>th</sup> Street SE, bay G T2H-2G3**.

Camp times are **8:00 to 4:30**. Early drop-off (7:30) and late pick-up (5:00) are available for \$5/each/day.

Camps are open to **existing Aikido students and new students alike**. New students will be supplied with a uniform. A yellow belt test will be performed at the end of the week for those new students who participate in all Aikido classes.

## Activity Schedule

8:00 – 8:30 Open activities	12:00 – 1:00 Lunch
8:30 – 9:30 Aikido class #1	1:00 – 2:00 Aikido Class #3
9:30 – 10:00 Open activities	2:00 – 2:30 Open activities
10:00 – 10:30 Morning snack	2:30 – 3:00 Afternoon snack
10:30 – 11:00 Open activities	3:00 – 4:00 Aikido class #4
11:00 – 12:00 Aikido class #2	4:00 – 4:30 Open activities

\* Activities during early drop-off and late pick-up times will be determined on an as-needed basis.

**Snacks** will include fresh fruits and vegetables along with granola bars, water and juice. Participants must **bring their own lunch**.

## Day Camp cost

Full week \$300 - Daily \$80 - Half-days \$45 – Please pay by e-transfer to [sensei@bigrock-aikikai.com](mailto:sensei@bigrock-aikikai.com) (if paying by cheque, please make payable to Cold Mountain Aikido)

Camps will run on the following weeks (provided the minimum number of participants are registered)

July 8 <sup>th</sup> to 12 <sup>th</sup> 9 yrs and under	July 22 <sup>nd</sup> to 26 <sup>th</sup> 10 yrs and over
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The maximum number of participants accepted in any given week will be 20.

Please complete the **Participant's Agreement and Registration** form below and email to [sensei@BigRock-Aikikai.com](mailto:sensei@BigRock-Aikikai.com). Forms can also be dropped off at the dojo or mailed to BigRock Aikikai at the address noted above. Any questions, please contact sensei.

Participants should bring their **dogi** (practice uniform, marked with their name) and a **water bottle**. Participants new to Aikido can just bring a water bottle – a training uniform will be provided on the first day of camp.

BigRock Aikikai students currently participating in our **Instructor Training Program**, who are older than 12, can volunteer to help at any or all of these day camps at no charge.

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## Participant's Agreement & Registration

Name of Participant(s): \_\_\_\_\_

### ALL SPORT, INCLUDING AIKIDO, HAS ITS RISKS

I participate in the sport of Aikido because it is physically and mentally challenging. I understand that Aikido training is practiced without protective clothing or equipment. In consideration of my participation in such programs, activities and events, I hereby acknowledge and am aware of the risks and hazards associated with or related to the martial art of Aikido. These include, but are not limited to, injuries resulting from:

**1/**On-going physical contact with the instructor and other students; **2/**Striking objects with parts of the body; **3/**Executing strenuous and demanding physical techniques; **4/**Collisions with the wall, floor, other students and instructors; **5/**Extreme changes in temperature; **6/**Tumbling, falling or being thrown to the floor; **7/**Strenuous cardiovascular workouts; **8/**Exerting and stretching various muscle groups; **9/**Executing self-defence escapes and techniques; **10/**Dehydration; **11/**Travel to and from competitive events and associated non-competitive events which are an integral part of the organization's activities

Initials: \_\_\_\_\_

Furthermore, I am aware:

**1/**That injuries sustained in Aikido can be severe; **2/**That I may come into close contact with other participants, including the possibility of accidental and unexpected touching; **3/**That I may experience anxiety while challenging myself during the activities; **4/**That my risk of injury is reduced if I follow all rules adopted during training and competition; **5/**That my risk of injury increases as I become fatigued

### I AGREE TO BE RESPONSIBLE FOR MYSELF

I am participating voluntarily in these activities, events and programs. I agree that there are risks in Aikido as described above. By participating voluntarily in these events, activities and programs, I am exposed to these risks and hazards. I agree to accept them and be responsible for any injury or other loss which I might receive while participating in these events, activities and programs.

If something happens to me, I release the organizers of responsibility for any claims, demands, actions and costs which might arise out of my participation. In this Agreement I understand "organizers" to mean: BigRock Aikikai, Canadian Aikido Federation, its directors, officers, members, employees, independent contractors, instructors, coaches, volunteers, officials, participants, clubs, agents, sponsors, owners/operators of the facility, and representatives.

### I ACKNOWLEDGE MAKING THIS AGREEMENT

I acknowledge that I am physically fit to proceed with this type of vigorous training. I have read and understood the terms and conditions of this agreement, and by signing it voluntarily, I am agreeing to abide by these terms.

\_\_\_\_\_  
Date of Birth of Participant

\_\_\_\_\_  
Date of Registration

\_\_\_\_\_  
Full Day Camp Week \$300 (specify start date)

\_\_\_\_\_  
Daily \$80/day (specify dates)

\_\_\_\_\_  
Half-Day \$45/day (specify dates and AM or PM)

\_\_\_\_\_  
Printed Name of Parent or Guardian

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Email of Parent or Guardian

\_\_\_\_\_  
Printed Name of Emergency Contact

\_\_\_\_\_  
Telephone number(s) of Emergency Contact

\_\_\_\_\_  
Additional information (food allergies, health concerns, etc.)

\$300/week or \$80/day or \$45/half-day Please pay by e-transfer to [sensei@bigrock-aikikai.com](mailto:sensei@bigrock-aikikai.com) (if paying by cheque, please make payable to Cold Mountain Aikido)