



**Little
Dragons**
3 - 4 years old



**Mini
Ninjas**
5 - 7 years old



**Junior
Martial Arts**
8 - 11 years old



**Teen
Martial Arts**
12 years old plus

Taijutsu - Karate - Muay Thai - Brazilian Jiu Jitsu - Self defence

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Policy and Waiver for Minors Attending Adult Martial Arts Classes (October 2025).

Introduction

This document outlines the policy and waiver for **minors aged 16 to 17** who are invited to participate in adult martial arts classes at ZKS Martial Arts.

It ensures that **parents or legal guardians** are fully informed about the nature of the adult training environment and understand the responsibilities and risks involved in granting consent.

Class Environment and Content

1. Adult-Oriented Setting

The adult martial arts class is designed primarily for adult participants.

This means:

- Techniques may be more physically demanding and complex.
- Discussions and interactions may reflect an adult level of maturity.
- The training environment may occasionally involve language or topics suitable for adults.

Instructors will always maintain professionalism and respect within classes, but cannot modify lesson content or peer interactions beyond reasonable standards for adults.

2. No Guardianship Provided

Instructors and staff are responsible for delivering martial arts instruction only.

They are **not acting as guardians or supervisors** beyond the scope of instruction.

Minors must arrive and leave the premises responsibly, and parents or guardians remain responsible for transport and oversight outside of class times.

Parental/Guardian Acknowledgement and Responsibilities

1. Awareness and Consent

By allowing their child to participate, parents or guardians:

- Acknowledge that the class environment is intended for adults.
- Accept that the minor may be exposed to an adult level of discussion, pace, and interaction.
- Give consent for their child's participation under these conditions.

2. Supervision and Maturity

- Parents or guardians should consider the child's maturity, confidence, and ability to train appropriately in an adult group.
- While attendance inside the training area is not permitted, parents or guardians may remain on-site during the session if they wish.
- Any concerns about suitability should be discussed with the instructor before or after class.

Waiver of Liability and Assumption of Risk

1. Risk Acknowledgment

Martial arts training carries inherent physical risks, including potential for strain, impact, or accidental injury.

Parents or guardians acknowledge these risks and accept full responsibility for the minor's participation.

2. Release of Liability

By consenting to this policy and waiver, parents or guardians release **ZKS Martial Arts, its instructors, staff, and affiliated entities** from any liability, claim, or demand that may arise from participation in the adult class, except in cases of proven negligence.

3. Medical Emergencies

In the event of an injury or medical emergency:

- Staff will act promptly to ensure the safety and care of the participant.
- Emergency services will be contacted if necessary.
- Parents or guardians will be notified using the contact details provided during registration.
- Parents or guardians consent to appropriate first aid being administered if required.

Agreement to Terms

By permitting a minor to attend the adult martial arts class, parents or guardians agree to all terms in this policy and waiver.

This includes acknowledgement of the class's adult nature, understanding of the risks, and acceptance of the release of liability provisions.

Digital Consent

This agreement is completed **electronically**. By submitting the digital form below, parents or guardians confirm that they have:

- Read and understood this Policy and Waiver in full.
- Had the opportunity to ask questions and receive clarification.
- Given informed and voluntary consent for their child's participation in the adult martial arts class.

To provide digital consent, please complete the following form:

 [ZKS Martial Arts – Minor in Adult Class Consent Form](#)

Acknowledgment

This policy and waiver serve as a **binding digital agreement** between ZKS Martial Arts, the participating minor, and their parent or legal guardian.

It acknowledges the unique nature of adult training sessions and the shared responsibility of all parties to maintain a safe and respectful environment.

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