NOVA Self Defense General Release of Participation

By my signature below, I acknowledge and agree that:

- I am a willing participant in the training offered by NOVA Self Defense, LLC.
- I understand and accept the risks involved by participating in the course, including the risk of severe physical injury to myself or others as a result of my participation.
- I understand and consent to the use of audio/visual media recordings during training, and understand that they might be used for promotional purposes for NOVA Self Defense
- I am in good physical health, and I am confident that I can participate in the course safely. If at any time I feel that my safety would be compromised by my participation in the course, I will immediately notify my instructor and cease participation if needed or instructed to do so.
- I agree to hold NOVA Self Defense, LLC, any and all affiliates, subcontractors, owners, host facilities, and employees harmless for any and all injuries I may sustain or cause to others as a result of my participation in this course.
- I understand that this document is a **general release**, and my signature below indicates that I am waiving any right I may otherwise have had to hold parties listed in this release liable for any injuries I may sustain or cause to others as a result of applying the learned skills and techniques from my participation this course.
- I understand and accept that this training involves methods that require physical contact between persons which creates possible risk of injury. I accept these risks, and hereby knowingly and freely release and discharge NOVA Self Defense, the hosting facility, and any instructors, owners, and subcontractors respectively, and any and all other parties in interest from all claims, demands, grievances, and causes of action of every kind whatsoever including, but without limitation of the foregoing, all liability for damages of every kind, nature, or description now existing or which may hereafter arise from or out of injuries and damages, known and unknown, permanent or otherwise to myself, other Participants of this course, or individuals of which I use these taught methods upon.
- I understand that my personal medical condition at the time of the training, whether known or unknown, shall not be grounds for any claim, demand, or action against any of those mentioned herein.
- In consideration for the right to participate in this training, I UNDERSTAND AND DO HEREBY AGREE TO ASSUME ALL OF THE ABOVE RISKS AND OTHER RELATED RISKS WHICH MAY BE ENCOUNTERED DURING THE TRAINING, INCLUDING ACTIVITIES IN PREPARATION OF AND/OR SUBSEQUENT AND RELATED TO THE TRAINING. Accordingly, I on behalf of my heirs, assignees, and/or successors, do hereby agree to hold NOVA Self Defense, LLC, their owners, directors, agents, hosting entities, facilities and employees harmless from any and all liability, actions, causes of actions, claims, expenses, and damages on account of injury to my person, property, or others, even injury resulting in death, which I now have or which may arise in the future in connection with my participation in the Training Program and in my use of the training equipment provided.

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Name (printed):]
Signature: Date:																															
Emergency Contact Contact's P														Pho	one:										_						
If you would like to receive occasional self-defense tips and training announcements from NOVA Self Defense by email please provide your email address below If yes, email address:																															
How did you hear	you hear about us? Yelp Crossfit Gym Web search Frier								nd	other (please specify):																					
	NOVA Self Defense, LLC "Empowerment Through Realistic Training"																														

Website: www.novaselfdefense.com

Ballston Crossfit 1110 N. Glebe Rd. Arlington VA.

- 4 blocks from the Ballston Metro.
- 2 blocks from the Route 66 exits to Ballston (either Glebe Rd. westbound or Fairfax Dr. eastbound).
- Huge parking garage (pay parking, not validated) under the gym.
- Plenty of street parking within 2-3 blocks of BCF. There is parking on N. Vernon St. and Vermont Street on the other side of Glebe Rd. as well as parking available on N. Vernon St and 13th Street (these spaces are not zoned and open parking).
- Enter the building 5 minutes before your session so we can collect waivers and start on time.
- Please do not to disrupt the Crossfit classes in session as you enter.

Need to know information for ALL self defense seminars and classes

- Please arrive on time. Do not enter significantly early since another group may have the facility reserved prior to our session
- NO flip flops, jewelry, high heels, weapons/sharp objects on you during training.
- Wear athletic clothes and sneakers.
- Bring a water bottle/electrolyte drink. Stay hydrated!!!
- All classes include a physical, athletic component- doing drills with a partner, striking pads and holding pads for a partner, and sometimes getting up and down off of the ground multiple times. There is a baseline level of fitness necessary to participate in our physical drills. If you are unable to do any of the drills or have any injuries/things you cannot do, please let the instructor AND your training partner know. Our goal is improving your safety, but we also want to safely push everyone's comfort zone. If you have serious mobility issues, consider taking the class as an observer. You will still learn a TON of useful information and insight from our lecture and concepts.
- Unless otherwise stated, all classes are intended for ages 16+ If registering someone under 16, there must be an adult registered that will participate with the minor or group of minors. Email evan@novaselfdefense.com for other inquiries.
- Print and fill out waiver (see file at bottom of page) bring it with you to the session.
- Use specific instructions for: parking, entering building, etc. provided above.
- Any questions, email, call or text Evan 919-302-0440
- Event day questions- text Malcolm: 617-529-4462

Cancellation and no-show policy for ALL sessions:

- <u>No refunds or future course credit for no-shows or event-day cancellations.</u> If you cannot make it to your event, your spot will still be held. You can gift it to a friend or family member to take in your place.
- Cancellations: 72 hour prior notice must be given for full refund.
- Cancellation for any reason with less than 72 hours (excluding same day cancellation) will result in a 50% refund. We have to enforce this since we rent our facilities in advance and have limited capacity in our classes.
- Rescheduling to a different course within 72 hours prior to the first session is a 50% charge.
- Please understand that we cannot accommodate rescheduling a missed a session in a multi-session course. If you miss a session and would like to make up the content, please consider taking a private lesson to catch up on the missed material or re-taking the entire course. Same cancellation policy for individuals paying cash on-site, enforceable upon future registration.

Event cancellation/postponement due to extreme weather or other circumstances

- Check the upcoming training page for any urgent changes the day of your event.
- The class is a GO, unless posted in bold to the top of the upcoming training page.
- If cancellation occurs I will attempt to email you based on your Paypal email account. Depending on the circumstances our options could be to reschedule, move everyone into a future session, or provide refunds.