



*Schola Saint George*  
A School of Chivalric Martial Arts  
[www.scholasaintgeorge.org](http://www.scholasaintgeorge.org)

**Informed Consent to Participate in all Schola Saint George activities (“SSG activities”);  
Express Assumption of Risk & Waiver and Release of Liability Agreement (“Agreement”).**

I, \_\_\_\_\_ (please print name) intend to be legally bound and do hereby agree to be legally bound for myself and for all heirs and successors in interest I may have, by this Agreement.

**I. AWARENESS OF THE RISKS**

In consideration of my participation in *SSG activities*, I acknowledge that I am aware of the risks, dangers and hazards associated with my participation in *SSG activities*, including the risk of severe or fatal physical injury to myself or others. I know that these risks include but are not limited to the following:

- a. **Fatigue, exhaustion, heat-stroke;**
- b. **Bruises, contusions, lacerations, strains, sprains;**
- c. **Elbow and knee injuries, shoulder injuries, hand and finger injuries, rib injuries;**
- d. **Eye injuries, blindness, broken jaw, loss of teeth, broken nose, internal injuries, broken or fractured bones;**
- e. **Back and neck injuries, penetrating wounds to the vital organs, spinal injuries, traumatic brain injury, partial or total paralysis, or death.**

In choosing to participate in *SSG activities* I knowingly, willingly and expressly assume these the risks listed above and all other risks, choose freely and with knowledge of the possible consequences to expose myself to the risks listed above and all other risks, and agree to take full responsibility for protecting myself from the risks listed above and all other risks as best I can, by training safely, with care and consideration for my training partners, and by wearing appropriate protective clothing.

**I know, understand and acknowledge, however, that even if I take all reasonable precautions to protect myself, I may still be injured when participating in *SSG activities*, because the *l'Arte d'Armizare* of Fiore dei Liberi is a martial art which includes striking with weapons, striking, grappling, joint locks, throwing, falling and wrestling, and is a martial art that is inherently dangerous, and no matter how many precautions I take, I may still be injured either by the negligence of myself or the negligence of others attending or present at *SSG activities*.**

## **II. PRE-EXISTING INJURIES OR HEALTH CONDITIONS**

### **UNKNOWN PRE-EXISTING CONDITIONS**

I understand that participating in *SSG activities* will require me to be in good physical condition and in good health. In signing below I certify that to the best of my knowledge I am physically and mentally competent and capable of participating in this activity, and I know of no health conditions as regards myself that would prevent me from participating in *SSG activities*. I hereby agree to hold harmless Schola Saint George (“SSG”), as well as its instructors and agents, and promise not to make any claim against them, or sue them, for any exacerbation of any as yet unknown pre-existing physical defect, injury, illness or medical condition that I may currently have, even if it is later discovered, and regardless of whether this exacerbation is caused by (1) the negligence, gross negligence, or recklessness of SSG, its instructors or its agents, (2) the negligence, gross negligence, or recklessness of other students, or (3) the negligence, gross negligence, or recklessness of myself.

### **KNOWN PRE-EXISTING CONDITIONS**

I understand that if I have any known pre-existing physical defect, injury, illness or medical condition that might be exacerbated by attending and participating in *SSG activities*, Schola Saint George expressly advises me not to participate in *SSG activities* without my doctor’s advice and approval.

I take full responsibility for any physical defect, injury, illness or medical condition that I am currently aware that I have. I understand that participating in *SSG activities* may be detrimental to, and may exacerbate, any physical defect, injury, illness or medical condition that I have, and I choose nevertheless to participate in *SSG activities*. In so choosing, I promise not to make any claim against SSG, its instructors and agents, or sue them, for any exacerbation of any known pre-existing physical defect, injury, illness or medical condition that I have, regardless of whether this exacerbation is caused by (1) the negligence, gross negligence, or recklessness of SSG, its instructors or its agents, (2) the negligence, gross negligence, or recklessness of other students, or (3) the negligence, gross negligence, or recklessness of myself, or (4) even if this exacerbation is not caused by the negligence, gross negligence or recklessness of anyone.

If I have any known pre-existing physical defect, injury, illness or medical condition, then in participating in *SSG activities* I hereby state that I have either:

- (a) sought medical advice from my doctor and been given my doctor’s approval to participate; or
- (b) sought medical advice from my doctor and been advised against participation, but have freely chosen to disregard my doctor’s advice, in which case I accept full responsibility for any problems which might arise when I participate in *SSG activities* against my doctor’s orders; or
- (c) I have freely chosen not to seek medical advice from my doctor, in which case I accept full responsibility for any problems which might arise when I participate in *SSG activities* without consulting my doctor about my known medical condition.

## **III. THE USE OF MARTIAL TECHNIQUES OUTSIDE SSG ACTIVITIES**

I understand that *SSG activities* reflect a study of Western Martial Arts (“WMA”) and/or Historical European Martial Arts (“HEMA”) weapon and grappling martial arts for the purposes of historical research, study of cultural heritage, character development and recreation, and that SSG and its representatives in no way advocate that I should seek violent confrontations when not at *SSG*

*activities*, nor use any of the skills or techniques I learn at *SSG activities* when not at *SSG activities*. In fact I understand that SSG expressly admonishes me NOT to use any of the skills or techniques I learn at *SSG activities* when not at *SSG activities*, other than for the purposes of historical research, study of cultural heritage, character development and recreation.

I hereby agree to hold myself exclusively responsible for the moral, ethical, safety and legal repercussions of using SSG's l'Arte d'Armizare skills or techniques or any WMA or HEMA weapon when not at *SSG activities*, and I hereby waive the SSG, as well as any of its instructors or agents of any liability, and agree to hold harmless, indemnify and defend SSG from any accusation of liability for my actions or omissions occurring away from *SSG activities*, including going to or coming from *SSG activities*. I promise not to claim or cross-claim against, or sue SSG, or its instructors and agents, should I be injured or injure others by using any of the skills or techniques I learn at *SSG activities* when not at *SSG activities*.

#### **IV. SAFETY**

I acknowledge that SSG prioritizes safety in its training, and that if I am uncomfortable with any situation or individual that I may immediately state so, and that it is my right to remove myself from the situation immediately and that I am encouraged to do so. I also acknowledge that if I act negligently, recklessly, or unsafely while participating in *SSG activities*, I am fully and solely responsible for those actions, and I hereby waive the SSG, as well as any of its instructors or agents of any liability, and agree to hold harmless, indemnify and defend SSG from any accusation of liability for my actions or omissions during *SSG activities*. I further acknowledge and agree that if I am deemed by SSG representatives to be acting unsafely during *SSG activities*, SSG or any of its instructors or agents has the absolute right to request that I end my participation in *SSG activities*, and/or leave *SSG activities*, either temporarily or permanently

Based upon the above:

- 1. I hereby expressly and knowingly waive any claims or cross-claims against SSG, its instructors, agents and/or representatives, should I be injured while participating in *SSG activities*, regardless of how I am injured or who injures me; in addition I promise not to sue SSG, its instructors, agents and/or representatives should I be injured while participating in *SSG activities*, regardless of how I am injured or who injures me;**
- 2. I hereby expressly and knowingly waive any claims or cross-claims against SSG, its instructors, agents and/or representatives, should I injure another person while participating in *SSG activities*; In addition I hereby promise not to make any claim or cross-claim against, or sue, SSG, its instructors, agents and/or representatives, should I injure another person while participating in *SSG activities*;**
- 3. I hereby expressly and knowingly agree to hold harmless and indemnify and defend SSG, its instructors, agents and/or representatives for and against any claims or cross-claims for damages, injuries or losses or damages of any kind (physical, medical, economic and/or non-economic) suffered by me while participating in *SSG activities* due to any acts, omissions or negligence by myself, other students, or any SSG instructor, agent or representative; In addition I hereby promise not to make any claim or cross-claim against, or sue, SSG, its instructors, agents and/or representatives, should I be**



