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Dynamis Submission Grappling LLC

Participant Agreement, Assumption of Risk, Minor Consent, Media Release, and Code of Conduct

****Important Virginia notice:**** This agreement is intended to provide strong risk disclosure, participant and parent acknowledgment, assumption-of-risk language, emergency consent, media consent, and enforceable gym rules. In Virginia, pre-injury waivers of personal-injury liability are generally not enforceable as a complete bar to negligence claims, so this document is written to strengthen informed consent and policy enforcement rather than relying only on a liability release.[cite:19][cite:5]

This agreement is entered into by and between Dynamis Submission Grappling LLC ("Dynamis," "Gym," or "Company") and the undersigned participant. If the participant is under 18 years of age, this agreement must also be signed by the participant's parent or legal guardian.

1. Participant Information

Participant Full Name: _____
Date of Birth: _____
Phone: _____
Email: _____
Address: _____
Emergency Contact Name: _____
Emergency Contact Phone: _____

If participant is under 18 years of age:

Parent/Legal Guardian Full Name: _____
Relationship to Minor: _____
Parent/Legal Guardian Phone: _____
Parent/Legal Guardian Email: _____
Alternate Emergency Contact: _____
Alternate Emergency Contact Phone: _____

2. Activities Covered

This agreement applies to all activities sponsored, supervised, authorized, or permitted by Dynamis, whether on-site or off-site, including but not limited to Brazilian Jiu-Jitsu, submission grappling, wrestling, judo, mixed martial arts, boxing, takedown training, sparring, drilling, positional training, live rolling, open mat, strength and conditioning, yoga, mobility work, seminars, camps, private lessons, competitions, tryout classes, and use of the premises, mats, equipment, locker areas, bathrooms, parking lot, sidewalks, and adjacent training-related areas.

3. Acknowledgment of Inherent Risks

The undersigned understands and acknowledges that martial arts, grappling, combat sports, and fitness activities involve obvious and inherent risks that cannot be eliminated without changing the essential nature of

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- Sprains, strains, fractures, dislocations, torn ligaments, muscle injuries, dental injuries, concussion, head injuries, neck injuries, spinal injuries, paralysis, and death.
- Cuts, bruises, abrasions, mat burn, skin irritation, and exposure to bacterial, viral, or fungal infections.
- Injuries caused by equipment failure, improper use of equipment, slippery surfaces, crowded training space, or the actions of coaches, staff, participants, spectators, or visitors.
- Aggravation of known or unknown physical conditions and delayed emergency response.

The undersigned further understands that live grappling, takedowns, and submissions involve a heightened risk of serious bodily injury even when all participants and coaches act carefully.

4. Voluntary Participation and Assumption of Risk

The participant voluntarily chooses to participate in Dynamis activities. If the participant is a minor, the parent or legal guardian voluntarily permits the minor to participate and acknowledges the risks described in this agreement.

The undersigned knowingly and voluntarily assumes, and for a minor participant the parent or legal guardian acknowledges and accepts, all inherent and obvious risks of participation to the fullest extent permitted by applicable law. This section is intended to document informed consent and assumption of risk under Virginia law, even where a pre-injury release of personal-injury claims may be limited or unenforceable.[cite:19][cite:5]

5. Health Status and Duty to Report

The undersigned represents that the participant is physically able to participate in strenuous athletic activity, or has chosen to participate despite any condition after consulting an appropriate medical professional.

The undersigned agrees that the participant will:

- Disclose any relevant injury, illness, medical restriction, seizure history, cardiac condition, allergy, skin infection, recent surgery, or other condition affecting safe participation.
- Refrain from training while sick, contagious, or impaired by drugs, alcohol, or medication that affects safe judgment or physical control.
- Stop training immediately if pain, dizziness, illness, injury, or unusual symptoms occur.
- Promptly report any injury, suspected concussion, unsafe behavior, or hygiene concern to a coach.

Dynamis does not provide medical care, diagnosis, or treatment.

6. Minor Participant Provisions

For any participant under 18 years of age, the signing parent or legal guardian represents and warrants that they have legal authority to sign this agreement, consent to participation, authorize emergency care, and make media-consent decisions on behalf of the minor. Minor-participant forms commonly require parent or guardian consent for both participation and photo release purposes.[cite:3]

The parent or legal guardian agrees to:

- Explain the safety rules and Code of Conduct to the minor participant.
- Ensure the minor participant follows all coach instructions and gym rules.
- Keep current contact information on file with the Gym.
- Promptly inform the Gym of any custody restrictions, pickup restrictions, medical changes, or behavioral concerns relevant to the minor's participation.

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No representation is made that this agreement fully waives a minor's personal-injury claims under Virginia law, and no provision shall be interpreted beyond what applicable law permits.[cite:19][cite:5]

7. Rules, Coaching Authority, and Participation Conditions

Participation is conditioned on following all posted and communicated rules, safety protocols, belt restrictions, class restrictions, hygiene standards, and coach instructions. The Code of Conduct below is part of this agreement.

Dynamis reserves the right to restrict, modify, suspend, or terminate participation at any time for safety, disciplinary, medical, behavioral, operational, or business reasons.

8. Emergency Medical Authorization

If emergency medical care is deemed advisable and the parent, legal guardian, or emergency contact cannot be reached promptly, the undersigned authorizes Dynamis and its representatives to obtain emergency medical evaluation, transportation, and treatment for the participant.

The undersigned accepts full responsibility for all resulting costs, including ambulance, hospital, physician, therapy, and medication expenses.

Minor participant physician name: _____

Minor participant physician phone: _____

Health insurance provider: _____

Policy/member number: _____

Known allergies or medical alerts: _____

9. Property Loss or Damage

To the fullest extent permitted by law, the undersigned releases Dynamis from claims relating to loss of, theft of, or damage to personal property brought onto the premises or used in connection with Gym activities, except to the extent prohibited by law. Virginia commentary indicates property-damage releases may be treated more favorably than personal-injury releases.[cite:5]

Participants and parents are responsible for securing personal belongings.

10. Indemnification for Third-Party Claims

To the fullest extent permitted by law, the undersigned agrees to indemnify, defend, and hold harmless Dynamis Submission Grappling LLC and its owners, members, officers, coaches, employees, staff, volunteers, contractors, affiliates, landlords, and agents from and against third-party claims, liabilities, damages, judgments, costs, and reasonable attorney's fees arising out of or related to the participant's intentional misconduct, reckless conduct, damage to property, violation of gym rules, or breach of this agreement.

This section is not intended to waive any right that cannot lawfully be waived under Virginia law.[cite:25]

11. Media Release

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educational materials, and event coverage.

For minor participants, this consent must be given by a parent or legal guardian.[cite:3]

Media opt-out initials: _____

12. Governing Law and Severability

This agreement shall be governed by the laws of the Commonwealth of Virginia.

If any provision of this agreement is found invalid or unenforceable, the remaining provisions shall continue in effect to the fullest extent permitted by law. Virginia waiver commentary specifically notes that severability clauses can preserve lawful portions of an agreement even when other portions are not enforceable.[cite:25]

13. Acknowledgment and Signature

By signing below, the undersigned acknowledges that this agreement has been read carefully, understood, and accepted voluntarily, and that the signer intends to be legally bound to the fullest extent permitted by law.

Participant Signature: _____

Participant Printed Name: _____

Date: _____

Parent/Legal Guardian Signature (required if under 18): _____

Parent/Legal Guardian Printed Name: _____

Relationship to Minor: _____

Date: _____

Dynamis Submission Grappling LLC

Code of Conduct

Safety, respect, and cleanliness are required at all times at Dynamis. Every member, visitor, participant, and parent is expected to support a safe and disciplined training environment.

1. Partner Safety

- A training partner's safety is always the top priority.
- Submissions must be applied slowly and under control, with adequate time for a partner to tap.
- Taps must be honored immediately.
- Any lift, return to the mat, takedown, or throw must be performed responsibly and under control.
- Participants must follow the coach's instructions regarding pace, intensity, and permitted techniques.

2. Prohibited Conduct

The following are prohibited unless specifically authorized and supervised by the coach in an appropriate class setting:

- Jumping or flying techniques.
- Intentionally falling or forcing unsafe falls.
- Reckless takedowns or dangerous attacks against a standing partner's base.

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3. Hygiene and Attire

- Clean hygiene and clean training attire are required for every session.
- Fingernails and toenails must be trimmed.
- Shoes are not permitted on the mats.
- Bare feet are not permitted off the mats, including in hallways and bathrooms; footwear must be worn when leaving the mat area.
- Open wounds must be properly covered, and suspected skin conditions must be reported before training.

4. Respect and Environment

- No individual may make another person uncomfortable through actions, threats, harassment, or language.
- Members must treat coaches, staff, teammates, visitors, and parents with respect.
- No member or parent may diminish or disrespect another person based on race, sex, religion, disability, age, ethnicity, national origin, sexual orientation, gender identity, lifestyle, beliefs, or personal views.

5. Communication and Reporting

- Injuries, unsafe behavior, and other concerns must be reported to a coach immediately.
- Questions about any rule or coaching instruction should be addressed before training begins whenever possible.
- Parents of minor participants must promptly communicate injuries, restrictions, behavioral concerns, and pickup issues.

6. Enforcement

Violation of this Code of Conduct or other Gym policies may result in warning, removal from class, suspension, cancellation of membership, or permanent dismissal from Dynamis Submission Grappling LLC.