Los Gallos Grappling Club
Liability Waiver & Photo/Video Release Agreement

Participant Name: _____
Parent/Guardian (if minor): _____
Date: _____

1. Assumption of Risk
Training in Brazilian Jiu-Jitsu, wrestling, grappling, strength & conditioning carries inherent risks including sprains, strains, cuts, bruises, broken bones, head/neck/back injuries, and other potential harm. I acknowledge these risks and voluntarily choose to participate.

2. Waiver of Liability
I release Los Gallos Grappling Club, its owners, coaches, staff, volunteers, and members from all liability related to participation, facility use, or acts of other participants.

3. Medical Authorization
I authorize staff to provide basic first aid and seek emergency medical treatment if necessary. I accept full responsibility for medical costs.

4. Health & Hygiene Requirements
I agree to follow all hygiene rules including trimmed nails, clean attire, avoiding training when sick, and using cleaning stations.

5. Photo/Video Release
I grant Los Gallos Grappling Club permission to use photos/videos for social media, promotions, and advertising.
[ ] I DO NOT consent to photo/video use.

6. Behavior & Conduct
I agree to follow instructions, maintain respectful behavior, and avoid reckless actions.

7. Minor Participants
Parents/guardians accept full responsibility for minors and agree to the terms on their behalf.

8. Acknowledgment & Signature
I acknowledge that I have read, understood, and voluntarily agree to this waiver.

Participant Signature: _____
Parent/Guardian Signature (if minor): _____
Date: _____