



North Shore Submission Grappling Club Inc

47 Regent St, Devonport, Auckland, 0624

www.northshoregrappling.co.nz

Membership Agreement and Liability Waiver

North Shore Submission Grappling Club

Member Name: _____

Address: _____

Phone: _____

Email: _____

Emergency Contact: _____

Emergency Phone: _____

Acknowledgement of Risk

I understand that submission grappling, Brazilian Jiu-Jitsu, and related martial arts involve physical contact and carry an inherent risk of injury.

These risks may include, but are not limited to:

- sprains and strains
- joint injuries
- fractures
- concussion
- other physical injury

By participating in training, I acknowledge that I do so voluntarily and accept these risks.



Medical Fitness

I confirm that I am medically fit to participate in grappling training.

I agree to inform instructors of any injuries, medical conditions, or limitations that may affect my participation.

Safety Rules

I agree to follow the safety rules of the club, including:

- tapping when caught in a submission
- immediately releasing submissions when a partner taps
- following instructor guidance during training
- training in a safe and respectful manner

Failure to follow safety rules may result in suspension or termination of membership.

Liability Waiver

To the fullest extent permitted by law, I release and hold harmless:

North Shore Submission Grappling Club

its officers, instructors, and members

from any liability for injury, loss, or damage that may occur while participating in training, events, or activities organised by the club.



Code of Conduct

I agree to:

- treat all members with respect
- maintain good hygiene and appropriate training attire
- avoid reckless or unsafe behaviour
- support a positive and inclusive training environment

The club reserves the right to suspend or terminate membership for conduct inconsistent with these principles.

Media Consent (optional)

I consent to photos or videos of training sessions being used for club promotion or social media.

Yes / No

Agreement

I have read and understood this agreement and agree to abide by the rules of North Shore Submission Grappling Club.

Member Signature: _____

Date: _____

Parent / Guardian Signature (if under 18):