

Please read carefully before signing. You must complete all highlighted areas. This form must be **initialed, signed, witnessed and dated on both sides**, or your registration **will not be processed**. An individual registration form must be completed by each participant and include a deposit. For Additional registration forms, please copy, 2-sided only.

1

Name (printed) _____ M/F _____ Date of Birth _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Mobile Phone _____

E-Mail We use email as the primary way to keep students informed of programs, scheduling, and events. We do not provide your address to any third parties.

Do you have any allergies, physical limitation, medications or medical conditions of which the dojo should be aware with regard to your safety while training or the safety of others? If these limitations may affect your training or the training of others, you are responsible for making the class instructor aware of them.

No Yes

_____ If yes, please explain briefly.

Emergency Contact _____ Phone _____

Previous Martial Arts Experience _____ Rank _____

Make checks payable to "Eugene Kitney". If you send your registration by overnight mail be sure to make "no signature required", or it may be delayed. Send your registration to: Kaizen Gojukan, c/o 7191 Scarlet Oak Drive, Roanoke, VA 24019

2

Attach a 2" X 2" passport style photo of the student

3

Initials

The *Kaizen Gojukan* may occasionally take photographs or video of me (or my child) for promotional purposes of the *Kaizen Gojukan*, including but not limited to use in printed publications such as brochures and newsletters, as well as our website or other electronic forms.

4 Blood and Body Fluid Borne Pathogen Policy

To protect the *Kaizen Gojukan's* Instructors, students and their respective families against the risk of disease, the *Kaizen Gojukan* has adopted the following policy intended to minimize the risk of transmission of HIV, Hepatitis-B, and other blood- and body fluid-borne pathogens during Karate-Do & Self-Defense training. Current available evidence suggests that the risk of transmission of HIV during the type of body contact that occurs in Karate-Do training is slight. Organizations such as the NCAA, the National Academy of Pediatrics Committee on Sports Medicine and the U.S. Olympic committee have concluded that persons infected with blood- and body fluid-borne pathogens, particularly HIV, should not be barred from participating in contact sports. Certain federal and state anti-discrimination laws may also prohibit such a ban. These organizations have concluded that the already slight risk of transmission of HIV and other blood- and body fluid-borne diseases can be further reduced by adoption of the Center for Disease Control recommended "universal precautions" with regard to exposed body fluids as if they are infected. Specifically, the following measures will be observed at all times:

1. Preparation for Training

The most frequent points of contact between training partners are the hands. Other exposed parts of the body subject to particular risk of cuts and abrasions are the feet and the area about the face and neck. For these reasons the following procedures must be observed.

- A. You will inspect exposed parts of your body prior to participating in Karate-Do training to ensure that there are no breaks in your skin such as abrasions, open cuts, or sores.
- B. You will inspect your hands and feet to ensure that fingernails and toenails are trimmed and smooth in order not to be a cause of cuts.
- C. You will wear a freshly laundered *gi* to the first class you attend each day.
- D. You will never enter the training area wearing a *gi* which is blood or body fluid stained to any degree whatsoever.

If you have any open cut or sores, you will clean them with a suitable antiseptic and cover them securely with a leakproof dressing before coming in the training area [or mat]. You will make sure they stay covered while you are training. If your hands or feet have broken skin suitable taping, gloves or *tabi* will be worn to cover these areas. If you notice that someone else has an open cut or sore you will immediately advise him or her of the fact and cease training with the individual until the appropriate covering is in place. If a person does not immediately remedy the situation, you will immediately notify the class instructor.

2. Procedures for Wounds Incurred During Training

If a wound becomes uncovered, open, or is bleeding even to a minor extent during training, the person bleeding shall immediately stop training and leave the training area [or mat] until the bleeding stops and the wound is securely covered as described below. Immediate measures shall be taken to stop the bleeding. If the injured person needs assistance with this procedure, each person so assisting shall wear a pair of latex gloves (which are available at the training area first aid tables.) All used gloves and bloody clothes or dressings will be placed in a leakproof plastic bag provided for that purpose, and disposed of carefully. Hands shall be washed with soap and hot water immediately after gloves are removed. Minor blood stains on *gi* will be treated with a disinfectant solution available at either of the *dojo* first aid tables. If there are major blood stains or soiling, the *gi* shall be removed immediately, placed in a leakproof container, and handled carefully until it can be laundered or disposed of.

3. Procedures for Contact with Another's Blood

If you come into contact with the blood of another, make an immediate attempt to locate and alert the individual who is the source of the bleeding, leave the floor [or mat] and follow Procedure 2. above.

4. Procedures for Blood on the floor [or mat]

If blood becomes present on the floor [or mat] during training, the partner of the person bleeding will ensure that other students training do not come into contact with the blood. The blood, regardless of amount, will be cleaned up immediately by wiping down the exposed surface with the disinfectant solution provided for that purpose. Each person assisting in this task shall wear latex gloves (available at the training area first aid tables) and shall dispose of the glove and cloths used for cleanup in the manner described in Procedure 2. above. Upon completion of the cleanup, each assisting person shall wash his or her hands with soap and hot water immediately after gloves are removed.

5. Responsibility for Health and Safety on the Floor [or Mat]

There are diseases and illness other than those known to be transmitted through blood and body fluids. You are reminded that you are responsible for not only your own health and safety, but also the health and safety of your training partners. If you know or suspect that you have any illness which might affect or infect others, or which might impair your ability to train safely, you have the obligation to refrain from training until you are not a risk to others.

I have read, understood, and will comply with each and every part of this policy.

Participant's Name (printed) _____ Participant's Signature _____ Date _____

Witness' Name (printed) _____ Witness' Signature (must be over 18) _____ Date _____