

29th Aikido-Ai Memorial Weekend Retreat at Mt. Baldy

May 27 – 30, 2011

Registration and Release Form. One person per form. Complete both pages. Please print clearly.

Name _____

Address _____

City _____ State _____ Zip _____

Phone Day _____ Age _____

Phone Evening _____ M _____ F _____

E-mail _____

Training, Rank/Experience _____

Dojo / School _____

Emergency Contact Name: _____

Relationship _____ Phone _____

Address _____

Medical info (personal physician, allergies, disruptive snoring, etc.)

Full 4-Day Retreat

\$340 includes early morning, day and evening training fees, all meals and snacks, early morning meditation, dharma talks, and on-site accommodations. Deposit of \$50 is required with registration. Balance is due May 15.

EARLY Registration, Full 4-Day Retreat

\$330 if paid in full by April 20.
Deposit of \$50 is required with registration.
Balance is due April 20.

2-Day Retreat

\$245 includes Sat & Sun training, Sat lunch and dinner, Sat sleeping accommodations, Sun breakfast and lunch.
Deposit of \$50 is required with registration.
Balance is due May 15.

One-Day Retreat

\$60 per day, includes day training fees, dharma talks and lunch. Deposit of \$20 per day is required with registration.
Balance is due May 15.
Please check day(s): Saturday Sunday

EARLY Registration, Day Retreat

\$55 per day if paid in full by April 20.
Deposit of \$20 per day is required with registration.
Balance is due April 20.
Please check day(s): Saturday Sunday

Make checks payable to Aikido-Ai. Please write Deposit or Balance in the memo section.

Cancellations: If cancellation is made before or on May 10, deposit and balance can be returned. For cancellations made after May 10, deposits are non-refundable but balances can be returned. Deposit and balance are non-refundable for "no shows."

Accommodations and Meals: Dormitory style cabins with sheets, comforters, pillows, pillowcases and towels provided. Meals are served buffet style and are based on vegetarian cuisine; but egg, dairy products or meat are included in some meals.

Contact Us: **Mail** Aikido-Ai, Attention Mt. Baldy Retreat, 6725 Comstock Ave., Whittier, CA 90601

Phone (562) 696-1838 **E-mail** AikidoAi-help@att.net **Website** www.aikidoai.com

Assumption of Risk and Waiver Agreement

In order to participate in any program offered at the Aikido-Ai Memorial Weekend Retreat, it is necessary that you assume all risks of potential harm or injury. Although we do believe the program offers the safest of exercise activities, injuries can and do occasionally occur. Please notify the instructor(s) immediately if any exercise does not feel right.

In consideration for my right to participate in any of the Memorial Weekend Retreat programs or classes, I do assume all possible risks and agree to hold Aikido-Ai, the Mt. Baldy Zen Center, Frank McGouirk, his assistants and staff harmless from any and all liability, actions claims, demands of every kind and nature whatsoever which may arise from or in connection with any activities while on the premises of Mt. Baldy Zen Center. The terms thereof shall serve as a release and assumption of risk.

Print Name _____ Sign _____ Date _____

If the applicant is under 18 years of age:

I, the undersigned, as parent or guardian of the above applicant, certify that I have read the above contract and I consent to the applicant's participation in the above-mentioned training. I agree to the provisions of this registration and release form for myself and the applicant.

Parent/Guardian

Print Name _____ Sign _____ Date _____

Aikido-Ai of Southern California Blood-Borne Pathogen Policy

Please read and initial where indicated below. Then sign and date at the bottom of the page.

To protect the students and instructors of Aikido-Ai of Southern California (hereinafter, the Dojo) against the risk of disease, the Dojo has adopted the following policy intended to minimize the risk of transmission of HIV, hepatitis-B, and other blood-borne pathogen during training activities. Current available medical evidence suggests that the risk of transmission of HIV during the type of body contact that occurs in Aikido and Tai Chi training is extremely slight. Organizations such as the NCAA, the National Academy of Pediatrics Committee on Sports Medicine and the U.S. Olympic Committee have concluded that person infected with blood-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 of other blood-borne diseases, can be reduced further by adoption of the recommendations of the Centers for Disease Control's "universal precautions" with regard to exposed body fluids.

The Dojo will observe these "universal precautions." Generally, this means that instructors and all persons training in the dojo or in other facilities used by the dojo for training purposes shall treat all exposed bodily fluids as if they are infected. Specifically, the following measures will be observed at all times:

(Initial) If you have any open cuts or sores, you must clean them with a suitable antiseptic and cover them securely with a leak-proof dressing before coming onto the mat. Make sure the cut or sore stays covered while you are training. If your hands or feet have broken skin, suitable gloves may be worn to cover these areas. If you notice that someone else has an open cut or sore, remind him or her of this obligation before training with that person.

(Initial) If a bleeding wound, even a minor one, occurs during training, the person bleeding shall immediately stop training and leave the mat until the bleeding stops and the wound is securely covered. Immediate measures shall be taken to stop the bleeding. If the person needs assistance with this, each person assisting shall wear a pair of latex gloves, which are available in the first aid supplies. Hands shall be washed with soap and hot water immediately after gloves are removed. All used gloves and bloody rags or dressings will be placed in a leak-proof plastic bag provided for that purpose and disposed of carefully. Minor blood stains on uniforms should be treated with a disinfectant solution provided for this purpose. If there are major blood stains, the uniform shall be removed as soon as practicable, placed into a leak-proof container, and handled carefully until it can be laundered or disposed of.

(Initial) If you come into contact with the blood of another, you shall immediately stop training, leave the mat, and wash the exposed area thoroughly with soap and hot water before returning to the mat.

(Initial) If blood is present on the mat, the training partner of the person bleeding should insure that no one inadvertently comes in contact with the blood, while the bleeding person attends to his injury (in accordance with #2 above). The blood should be cleaned up as soon as possible by wiping down the exposed surface with a disinfectant solution provided for that purpose. Each person assisting in the task shall put on a pair of latex gloves, and shall wash their hands with soap and hot water after the gloves are removed. Bloody rags and used gloves shall be disposed of as described in #2 above.

(Initial) There are other disease and illnesses aside from those known to be transmitted through blood. You are reminded that you are responsible for not only your own safety and health but the safety and health of others with whom you train. If you know or suspect that you have any illness or disease which might infect others, refrain from training until you are not a risk to others.

Print Name _____ Sign _____ Date _____

If the applicant is under 18 years of age:

Parent/Guardian
Print Name _____ Sign _____ Date _____