



**Membership and disclaimer form**

MKPK are highly skill ambassadors of the parkour/free running lifestyle. We are highly trained in the movement of the human body and its functions. MKPK dedicate there lives to teaching and performing the art. Our aim is to express ourselves using parkour and to encourage other to do the same, teaching the art of the movement behind the glory of the extreme sport. In taking part in our classes you will learn new skills and improve physical and mental strength. However if for some reason you have any injuries that will enable you to do any of the exercises please speak to one of our trainers.

Name:.....  
Age:..... Gender:      male      female    (circle one)  
Contact number:.....  
Address:

.....  
.....  
.....  
.....

Email:.....

**Emergency contact**

Name:.....  
Number:.....

**Rules for the MKPK classes**

- Listen to instructions from teachers
- Do not use equipment unless told to do so by an MKPK instructor
- No aggressive behaviour including fighting, swearing or back chat.
- Be on time to class (try to arrive 5 mins before
- If you have any issue talk to a teacher
- Treat other with respect
- Be aware of people around you
- No jewellery (earrings must be taped or removed)
- Wear suitable and comfortable training clothing and footwear.

**Disclaimer**

Please read and sign below

I.....mother/father/other..... Give consent for ..... to participate in the MKPK classes, I understand that the classes are not without risk and the MKPK teaches will do there best to reduce any risks with teaching, spotting and matting the area. However in the event of a severe accident, I give consent for an MKPK instructor to send my son/daughter/other to A and E via emergency services. I also understand MKPK will be use filming and photography during classes for advertising and to aid teaching. MKPK run a strict class and if my son/daughter/other breaks the rule above, they maybe told to sit off or band from the classes without a refund. MKPK will not take any responsibility for those who are planning to take what they have learnt in class, outside of the MKPK teaching. The classes are in place to teach the art in a safe environment with people there to help, however if you do take it upon yourself to do anything outside of our teaching be careful and check your environment.

Name .....

Sign.....Date.....