



# Student Registration / PAR-Q / Waiver

## Masich Internal Arts Method (MIAM)

www.masichinternalarts.com | www.5-section-taijiquan.com

Please fill in this form so we have some basic information about your current health and so we can let you know about events which may be of interest to you. All information provided will be strictly confidential and we will not provide your details to any third parties, except as required for any emergency medical reasons if we are contacted.

Name:
Address:
Postcode / ZIP:
Your number:
Email:
Emergency contact:
Their number:

For most people, physical activity should not pose a problem or hazard. The PAR-Q (Physical Activity Readiness Questionnaire) has been designed to identify the small number of people for whom physical activity might be inappropriate or for those who should seek medical advice concerning the type of activity most suitable for them. Common sense is your best guide for answering these questions.

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?  YES  NO
2. Do you ever get unusually short of breath, or have chest pains, with light exercise?  YES  NO
3. Do you regularly have unexplained pain in the abdomen, shoulders or arm?  YES  NO
4. Do you ever have severe dizzy spells or episodes of fainting?  YES  NO
5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in physical activity?  YES  NO
6. Is your doctor currently prescribing drugs for your blood pressure or heart condition?  YES  NO
7. Do you know of any other reason why you should not do physical activity?  YES  NO

### Current Health

How would you describe your general health and well being at the moment?

Excellent  Pretty good  Some concerns  Poor

Please indicate any health conditions that may affect your participation in our classes:


**If you have answered YES to any of the above questions, then it will be your responsibility to check with your doctor that it is suitable for you to continue participating in Ch'i Gung (qigong) or Tai Chi Ch'uan (taijiquan) events with Sam Masich and his instructors.**

### Declaration

I confirm that I have provided details of any health issue that may affect my training in Ch'i Gung (qigong) or Tai Chi Ch'uan (taijiquan) and I know of no medical reasons why I should not participate in events run by Sam Masich or his agents. I accept full responsibility for, and assume the risk of any injuries sustained of my participation in any Ch'i Gung (qigong) or Tai Chi Ch'uan (taijiquan) events held by Sam Masich or his agents, and release and hold harmless any of its instructors for any liabilities, injuries or expenses which may arise as a result of participation in a class or event held by Sam Masich or his agents.

I agree to comply with all general safety guidance provided by the event organisers and the venues they hold sessions in.

### 5 Section Taijiquan Workshop & 3 Masters Event: 10-18 August 2024

I confirm my agreement to Sam Masich and his agents Patrick Foley and Jane Launchbury trading as Masich Internal Arts Method (hereafter known as MIAM) retaining my contact details, attendance records and basic health information so they can contact me, and to send me updates on classes and events they are hosting. I also confirm that MIAM may use my image from any videos and photos of my attendance at events hosted by them, online or in print, to help promote the benefits of learning with Sam Masich and his instructors. I understand my details will not be divulged to any third party, except if required for medical emergency, and that MIAM will destroy my personal information if I no longer attend events and so request.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_