

# School Holiday Ninja Clinic Booking Form.

September Holiday clinics: Commencing Monday 28<sup>th</sup> September 2020.

Participant's Name: \_\_\_\_\_ Age: \_\_\_\_ DOB: \_\_\_\_\_ Sex: M/F  
Address: \_\_\_\_\_

Parent/ Guardian Name: \_\_\_\_\_  
Ph: \_\_\_\_\_ Email: \_\_\_\_\_

## Class of choice:

- Little Rookies (5-7yrs) - \$35 per 2 hour clinic
- Rookies(8-12yrs) - \$40 per 2 hour clinic
- Pro's (13-16yrs) - \$45 per 2 hour clinic

## Which Clinics would you like to attend?

- Week 1 M / T / W / TH
- Week 2 M / T / W / TH

Total number of clinics: \_\_\_\_\_ Total Price: \$ \_\_\_\_\_

## AWF Rules:

**Our rules are designed to ensure everyone is safe and able to learn the correct skills and techniques while having fun. We do not tolerate any form of negative behaviour or bullying in our facility. We are a Ninja Warrior Community designed to grow and support each other in each and every ninja's journey. We are a Covid Safe business and adhere to NSW Government regulations.**

- Always give the obstacles a go! If you come off, get straight back up and keep going. Ninja's don't give up! Practice is the key to success!
- Please treat our facility and everyone in it with respect.
- ALWAYS stop what you are doing and listen when the Coach is speaking.
- Be a good sport and encourage each other always! We love cheering, clapping and excitement on the sidelines! (this includes spectators!)
- ONLY USE THE OBSTACLES SET FOR YOUR SESSION!
- Appropriate gym attire must be worn at all times.
- Laugh and have fun- it helps you improve your ninja skills!
- Be kind and always use your manners.

**Do you have any existing injuries, medical conditions of any kind or illness incl. Asthma/ Anaphylaxis? Y / N**

**If yes, please specify (and provide an Asthma/ Anaphylaxis plan):**

\_\_\_\_\_  
\_\_\_\_\_

## I have:

- Read the AWF rules to my kids & made sure they understand them ? Y / N
- Read the AWF Code of Conduct and Completed and Signed the AWF Liability Waiver and attached it to this form? Y / N
- Been practicing my sideline cheering and encouragement for my kids class? Y / Y
- Followed Australian Warrior Fitness on Social Media so I don't miss out on any info? Y / N
- In the case on an emergency, do you authorise Australian Warrior Fitness to call an ambulance to assist your child/ren? Y / N

Parent/guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

**\*\*IMPORTANT INFORMATION\*\***

- Clinics runs for 2 hours. Please arrive 10 minutes prior to ensure we can kick things off on time!
- Training to become a Ninja Warrior is exhausting.
- **PLEASE PACK A LIGHT SNACK AND BIG DRINK BOTTLE** for each clinic! We want to stay energised and hydrated at all times!
- Spots are limited and fill up fast. To secure your place in an AWF clinics, payment must be received prior to attendance. Should you need to cancel a clinics, 48 hours notice is required to receive a credit.
- Liquid chalk is available to purchase or hire from AWF. Please speak to our staff at the front desk.
- All persons in our facility must sign in and sanitise their hands upon entering the gym.
- 1.5m social distancing is currently in place as per the NSW Government requirements.
- Once your booking form is received by AWF, you will receive confirmation and an invoice. Please ensure payments are made upon receipt of the invoice to secure your place and allow for up to 2-3 business days for funds to clear.
- Waivers must be completed for every participant.
- For safety reasons, we politely ask that If you have children/friends/ family members spectating, please ensure they remain OFF of our obstacles at all times.
- Please follow us on social media for all AWF updates! Don't forget to tag us in any social media posts that involve you or your family members and their ninja journey! We love to see and support our AWF ninjas doing their thing and having fun while they are at it!

Welcome to the AWF Community, we look forward to seeing you soon.

Kind Regards,  
Team AWF 😊