

Australian Warrior Fitness (AWF) Ninja Class Booking Form.

Term 4 (10 weeks): Commencing Monday 12th October 2020.

Name of participant: _____ Age: _____ DOB: _____ Sex: M/F
Address: _____

Name of Parent/ Guardian: _____ Ph: _____

Email: _____

Class of choice:

- Little Rookies (5-7yrs) - \$14 per class
 Rookies(8-12yrs) - \$16 per class
 Adults and Young Adult - \$20 per class

What basis would you like to attend?

- Full term- (1-4 classes per week)
- M / T / W / Th

Week 4 - M / T / W / Th

Week 5 - M / T / W / Th

Week 6 - M / T / W / Th

Week 7 - M / T / W / Th

Week 8 - M / T / W / Th

Week 9 - M / T / W / Th

Week 10 - M / T / W / Th

Ninjas commencing once the term has begun, please select relevant weeks you are enrolling in.

Week 2 - M / T / W / Th

Week 3 - M / T / W / Th

Class Rules:

(please read these with your kids!)

Our class rules are designed to ensure everyone is safe and able to learn the correct skills and techniques all while having fun. We will 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.

- Always give the obstacles a go! If you come off, just get straight back up and keep going. No one becomes a ninja by giving up! Practice is the key to success!
- Please treat our facility and everyone in it with respect (parents, coaches, team mates and anyone else that may be present).
- ALWAYS stop what you are doing and listen when the Coach is giving instructions.
- Encourage each other always!
- ONLY USE THE OBSTACLES SET FOR YOUR CLASS!
- Appropriate gym attire must be worn at all times.
- Always be a good sport.

Term mini comp info.

- Our mini comp round is based on an honesty system where at the end of each class, the students give it their best shot at completing each obstacle they have worked on that day and gain points.
- It is designed to encourage the students to be honest, show determination to complete each obstacle under pressure and to show them their improvement each week.

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):

FLIP OVER

I have:

- Read the class rules to my kids? Y / N
- Made sure my kids understand the class rules? Y / N
- Read the AWF Code of Conduct? Y / N
- Signed the AWF Liability Waiver and attached it to this form? Y / N
- Followed Australian Warrior Fitness on Social Media so I don't miss out on any info? Y / N

Parent/guardian signature: _____ Date: _____

****IMPORTANT INFORMATION****

- A Personal Accident Insurance Fee is required at the commencement of each term. \$20 per child or \$40 per family.
- Our class sizes are capped at 10 participants while temporary restrictions remain in place by the NSW Government. Once restrictions are lifted, class sizes will be capped at 12 to allow AWF to provide an intense, quality coaching session and give participants adequate time on each obstacle.
- Upon arrival, all persons entering our gym will be required to sign in and use hand sanitizer as needed throughout your visit.
- 1.5m social distancing will be adhered to in our facility until NSW Government instructs us otherwise. This means that we must limit parents/spectators to 1 person per family due to our limited space.
- The use of liquid chalk has now been implemented as a health and safety precaution since the Covid19 outbreak. Liquid chalk will be available for sale at AWF or to hire each class as needed.
- To secure your place in an AWF class, payment must be received prior to attendance. Should you need to cancel a class, 24 hours' notice is required to receive a class credit.
- Should our facility be forced to close due to reasons beyond our control, credits will be given to those with prepaid services.
- Kids Active Vouchers are accepted for Term Classes only- they cannot be redeemed for school holiday clinics! Please let us know if you intend to redeem your Kids Active Voucher at our facility 😊
- 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.
- Sideline support and encouragement is welcomed at all times for everyone! We know how exciting it can be and we want to celebrate all wins for all participants!
- If you would like to take photos or video footage of your child during class, we respectfully ask that you ensure it is only your child in the image/ video and respect the privacy of all other families and participants.
- 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 in class soon 😊

Kind regards,
TEAM AWF.