

Examinee Release and Waiver Form

To:

Israeli College of Coaching Sciences and Sports (the "ICS")

Re: Release and Waiver Form

Pursuant to my application to The Krav Maga Entrance Examination and The practical instructors course (the "**Course**"), I, the undersigned, _____, ID

_____, hereby agree, acknowledge and covenant the following:

1. I am an adult over the age 18 and legally eligible under any law.
2. I am in good health and I don't suffer from any illness or physical or mental impairment, which may affect my active participation in the Entrance Examination and/or the Course. I have not suffered in the past and I don't suffer presently from any or all the following: chest pains during physical effort, dizziness, high blood pressure, cardiac murmur, head injury, loss of consciousness, and I don't consume any medication on a regular basis.
3. I am aware that my participation in the Entrance Examination and the Course is an active, physical and challenging experience, and I am aware that during my participation I may be bruised and/or injured, and the *ICS* will not be liable for any physical or mental injury or any damage or loss of property, caused by any reason during or following the Entrance Examination.
4. I, on my behalf, or on anyone acting on my behalf, declare that I do not have and will not have any claims, demands or pretenses of any kind and form towards the *ICS* or anyone acting on its behalf, and I hereby relinquish on my behalf, and on anyone acting on my behalf, a final, full, absolute and irrevocable right to any claims, demands and pretenses of any kind and form that I had or will have, if and in so far as I will have, towards the *ICS* or anyone acting on its behalf, due to the Entrance Examination and the Course or any physical or mental injury or any damage or loss of property, caused by any reason during or following the Entrance Examination and the Course. I shall indemnify and hold the *ICS* harmless in connection with any claim (including third party claim) law, order or ordinance, in respect of any claims, losses, damages, costs and expenses including attorney's fees and costs of defense arising or alleged to arise from (i) personal injury to or death, and (ii) any damage to or loss of tangible property, insofar as such injury, death, damage or loss is due to any negligent act or omission of me,.
5. The commitments stated in this letter are irrevocable, and will hold me, my surviving relatives, heirs and proxies, liable and I confirm that this letter is being furnished by

me under no compulsion or duress, and agrees that this waiver of rights may be for the benefit of any third party.

6. I am required to perform an Entrance Examination (the "**Entrance Examination**"). During the Entrance Examination I shall perform and demonstrate relevant skills to the Course, together with a participant on my behalf (the "**Participant**").
7. The Participant must be an adult over the age of 18 years, legally eligible under any law, in proper health, and does not suffer from any disease or illness or physical or mental impairment that may affect him or her from participation in the Examination.
8. I shall inform the Participant that his or her participation requires active and physical participation, and that he or she may be injured or wounded during this Entrance Examination.
9. I will be, exclusively, liable for any physical, mental or financial damage(s) that may occur to the Participant, including but not limited to any loss, cost, expense or other damage that shall may accrue, during or as a result from the Participations of the Participant in the Entrance Examination. I shall not bring any claim, action or suit against ICS in connection with such damage(s), and ICS shall not be liable for such damage(s).
10. I shall indemnify and hold the ICS harmless in connection with any claim (including third party claim) law, order or ordinance, in respect of any claims, losses, damages, costs and expenses including attorney's fees and costs of defense arising or alleged to arise from (i) personal injury to or death, and (ii) any damage to or loss of tangible property, insofar as such injury, death, damage or loss is due to any negligent act or omission of me.
11. The commitments stated in this letter are irrevocable, and will hold me, my surviving relatives, heirs and proxies, liable and I confirm that this letter is being furnished by me under no compulsion or duress, and agrees that this waiver of rights may be for the benefit of any third party.

Date

Applicant

Participant Release and Waiver Form

To:

Israeli College of Coaching Sciences and Sports (the "ICS")

Re: Release and Waiver Form

Pursuant to my approval to participate or take part in the entrance examination (which shall be filmed) on behalf of _____ for the _____ (the "**Entrance Examination**" and the "**Course**", respectively) I, the undersigned, _____, ID _____, hereby agree, acknowledge and covenant the following:

1. I am an adult over the age 18 and legally eligible under any law
2. I am in good health and I don't suffer from any illness or physical or mental impairment, which may affect my active participation in the Entrance Examination. I have not suffered in the past and I don't suffer presently from any or all the following: chest pains during physical effort, dizziness, high blood pressure, cardiac murmur, head injury, loss of conscious, and I don't consume any medication on a regular basis.
3. I am aware that my participation in the Entrance Examination is an active, physical and challenging experience, and I am aware that during my participation I may be bruised and/or injured, and the *ICS* will not be liable for any physical or mental injury or any damage or loss of property, caused by any reason during or following the Entrance Examination.
4. I, on my behalf, or on anyone acting on my behalf, declare that I do not have and will not have any claims, demands or pretenses of any kind and form towards the *ICS* or anyone acting on its behalf, and I hereby relinquish on my behalf, and on anyone acting on my behalf, a final, full, absolute and irrevocable right to any claims, demands and pretenses of any kind and form that I had or will have, if and in so far as I will have, towards the *ICS* or anyone acting on its behalf, due to the Entrance Examination or any physical or mental injury or any damage or loss of property, caused by any reason during or following the Entrance Examination. I shall indemnify and hold the *ICS* harmless in connection with any claim (including third party claim) law, order or ordinance, in respect of any claims, losses, damages, costs and expenses including attorney's fees and costs of defense arising or alleged to arise from (i) personal injury to or death, and (ii) any damage to or loss of tangible property, insofar as such injury, death, damage or loss is due to any negligent act or omission of me,.
5. The commitments stated in this letter are irrevocable, and will hold me, my surviving relatives, heirs and proxies, liable and I confirm that this letter is being furnished by me under no compulsion or duress, and agrees that this waiver of rights may be for the benefit of any third party.

Date

Participant