



# Seminar Registration

SEMINAR NAME: \_\_\_\_\_ Amount enclosed: \$ \_\_\_\_\_

Your name (please print): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_ Home Dojo: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Aikido Rank: \_\_\_\_\_

Emergency Contact: (Name) \_\_\_\_\_ (Phone) \_\_\_\_\_

Special Instructions (allergies, personal physician, etc.): \_\_\_\_\_

How did you find out about this seminar? \_\_\_\_\_

## CHICAGO AIKIKAI BLOOD-BORNE PATHOGEN POLICY

To protect Chicago Aikikai members and seminar participants against the risk of disease, the following policy has been adopted to minimize the risk of transmission of HIV, Hepatitis-B, and other blood-borne pathogens during training activities. Current available medical evidence suggests that the risk of transmission of HIV during the type of body contact that occurs in Aikido training is extremely slight. Organizations such as the NCAA, the National Academy of Pediatrics Committee on Sports Medicine, and the U.S. Olympic Committee have concluded that persons infected with blood-borne pathogens, particularly HIV, should not be barred from participating in contact sports. Certain federal and state anti-discrimination laws may also prohibit such a ban. These organizations have concluded that the already-slight risk of transmission of HIV, and of other blood-borne diseases, can be reduced further by adoption of the Centers for Disease Control-recommended "universal precautions" with regard to exposed body fluids.

The Chicago Aikikai will observe these "universal precautions." Generally, this means that instructors and all persons training at the Chicago Aikikai shall treat all exposed bodily fluids as if they are infected. Specifically:

1. If you have any open cuts or sores, you must clean them with a suitable antiseptic and cover them securely with a leakproof dressing before coming onto the mat. Make sure they stay covered while you are training. If your hands or feet have broken skin, suitable gloves or tabi may be worn to cover these areas. If you notice that someone else has an open cut or sore, remind her or him of this obligation before training with that person.
2. If a bleeding wound, even a minor one, occurs during training, the person bleeding shall immediately stop training and leave the mat until the bleeding stops or the wound is securely covered. Immediate

measures shall be taken to stop the bleeding. If the person needs assistance with this, each person assisting shall wear a pair of latex gloves, which are available in the Chicago Aikikai first aid kit. Hands shall be washed with soap and hot water immediately after gloves are removed. All used gloves and bloody rags or dressings will be placed in a leakproof plastic bag provided for that purpose, and disposed of carefully. Minor bloodstains on gi should be treated with a disinfectant solution provided for this purpose. If there are major bloodstains, the gi shall be removed as soon as possible, placed into a leakproof container, and handled carefully until it can be laundered or disposed of.

3. If you come into contact with the blood of another, you shall immediately stop training, leave the mat, and wash the exposed area thoroughly with soap and hot water before returning.
4. If blood is present on the mat, the training partner of the person bleeding should ensure that no one inadvertently comes in contact with the blood. The blood should be cleaned up as soon as possible by wiping the exposed surface with a disinfectant solution provided for that purpose. Each person assisting with the task shall put on a pair of latex gloves and shall wash their hands with soap and hot water immediately after the gloves are removed. It is preferable that the person bleeding cleans up his or her own blood. Bloody rags and used gloves shall be disposed of as set out in Paragraph 2.

Finally, there are other diseases and illnesses aside from those known to be transmitted through blood. You are reminded that you are responsible for not only your own health and safety, but the health and safety of others with whom you train. If you know or suspect that you have any illness or disease that might infect others, refrain from training until you are not a risk to others.

#### **PLEASE READ THE FOLLOWING CAREFULLY BEFORE SIGNING**

I, the undersigned, acknowledge that I am applying for instruction in Aikido at the Chicago Aikikai, an affiliate dojo (school) of the Aikido Schools of Ueshiba (ASU), and that I have watched or participated in at least one Aikido class. I understand that Aikido involves strenuous exercise and personal body contact and I understand that because of this, there is always an inherent risk of injury that cannot be eliminated. Such injuries may include, but are not limited to, pulled muscles, dislocated joints, and broken bones.

In accordance with the law, the Chicago Aikikai does not exclude individuals with medical conditions that do not pose a medically recognized threat to the health or safety of other students in the normal course of training. I understand that there are some unavoidable circumstances that may require special caution on my part to minimize danger to others or myself, and I acknowledge that it is my responsibility to act accordingly.

I understand that some students may be infected with diseases such as HIV/AIDS and Hepatitis that can be transmitted by exchanges of blood or other bodily fluids, and that I may be training with them. I acknowledge that I have read and will follow the Chicago Aikikai Blood-Borne Pathogen Policy for dealing with injuries to myself and others that present opportunities for exposure to blood or body fluids.

I acknowledge that the Chicago Aikikai carries no insurance against injury to any of its students. As a condition to being admitted to the Chicago Aikikai as a student, I assume the risk of all injuries and do hereby hold the Chicago Aikikai, its employees and agents, harmless from any and all liability due to injuries suffered by me or caused by third parties to me, arising out of activities involving Aikido, or any variation thereof, whether occurring on the premises of the Chicago Aikikai or elsewhere, excepting only those claims, actions or damages caused by the gross negligence or intentional act or omission of any of them.

I understand that Aikido is an educational system. For the benefit of education and training, and for the safety of other members and myself, I will strictly follow the Rules of the Dojo and the Rules of Training as outlined in the Chicago Aikikai Training Handbook. I also hereby agree to abide by the by-laws of the Chicago Aikikai. Should I break any of these rules or by-laws, I understand that it is the decision of the Chief Instructor whether or not I may continue training. I will abide by his decision.

**IF THE APPLICANT IS A MINOR:** I, the undersigned, as parent or guardian of the above applicant, certify that I have read the above contract. I consent to the applicant's receiving the instruction applied for and I agree to the provisions of the contract for myself and said applicant.

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**SIGNATURE** (Please also print name if you are the applicant's parent/guardian)

**Today's Date**

Please mail this completed and signed form to the address below with your check or money order for the full seminar fee made payable to Chicago Aikikai. You will receive a seminar registration confirmation via email. Thank you, and we look forward to training with you!