

Richmond Hill High School Parkour Club

SETUP PROPOSAL



September 2, 2019

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Grade 11
Revision 1.6**

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1) Background of Parkour

Parkour originated as a military obstacle course training discipline that was developed as a method to get from point A to point B in the most efficient and safest way possible. David Belle, who was born in France, was considered the founder of parkour in the 1980s. His father was a soldier, skillful rescuer, and military firefighter. When David was young, he has experimented gymnastics, climbing, and martial arts and most importantly he learnt obstacle course techniques from his father. He practiced with a group of friends at a 20 m tall triangular wall where they came to swing, leap and bound to make their way to the top. They were not only playing but there was a discipline in these practices which they called parkour.

David Belle stressed that the most important aspect of parkour is not the physical movements, but rather the practitioner's mentality and understanding of its principles. Further, he states the importance of traceurs (a practitioner of parkour) being aware of their abilities and limitations, and developing in their own way. "When a young person asks me: 'Can you show me how to do this?' I simply answer: 'No, I am going to show you how I do it. Then, you'll have to learn with your own technique, your own way of moving, your style, your abilities and your limitations. You are going to learn to be yourself, not someone else.'"

Since 2008, many international organizations such as World Freerunning Parkour Federation, Parkour Earth, Freerunning et l'Art du Déplacement, etc. are established with the aim to create a structure for parkour as a sport.

In the world, parkour has become increasingly popular with parkour gyms opening in almost every major city in Europe, North America, Russia, Japan, and Australia. In late 2016, UK became the first country to officially recognize parkour as a sport. In 2017, the International Gymnastics Federation (FIG) has added parkour as one of their disciplines - although this is greatly criticized as "encroachment and misappropriation" of the sport.

Last year in April 2018, the very first FIG Parkour World Cup took place in Hiroshima, Japan which attracted parkour competitors from all around the world to qualify in Speed-run and Freestyle. In Speed-run, competitors were required to traverse obstacles over a distance of 40m. In Freestyle, they were judged on their technical performance and creativity.

In Greater Toronto, some parkour gyms like Monkeyvault and Play Project Parkour have been opened up with indoor training facilities. Since 2016, the Canadian National Exhibition (CNE) has been hosting a parkour show called Rush Parkour. Universities are also catching on to the trend, with the University of Toronto and the University of Waterloo both having parkour clubs.

Recently, CNN published an article titled “How The Daredevil Sport Of Parkour Can Help Aging Adults Fall Better” by Lauren Lee on Friday February 22, 2019. Parkour has become so popular that it has attracted the attention of news reporters from major news outlets and this will only continue in the future.

In short, parkour offers an excellent physical workout but also a positive, supportive, multi-generational, creative and non-competitive community. It is not a team sport, but while it can be practiced solo, there are always opportunities to train with, teach and learn from others. If any student’s experience is anything like that of the many traceurs, he or she will discover a widespread group of interesting and talented people, make some new friends, and improve his or her physical fitness by (quite literally) leaps and bounds.

2) Benefits of The Parkour Club

Having the Parkour Club in the school can have a wide array of benefits. It is a win-win-win situation for the students, teachers and administration at the same time.

Benefits for Students:

Benefit	Description
Full Body Workout	Running, jumping, and vaulting works all muscle groups. It also adds a fun twist to your usual static gym routine.
Promotes Quick-thinking Skills	Parkour requires participants to navigate through obstacles quickly.
Fosters Creativity	When approaching an obstacle, you can do virtually anything with it. You can be creative and try new things.
Boosts Confidence	Parkour helps people build confidence when they overcome a difficult obstacle.
Cardiovascular Endurance	Parkour requires participants to be extremely active. The constant moving and jumping leads to increased stamina of participants, ensuring your heart is strong and enabling increased oxygen supply to your body.
Reduces Antisocial Behavior	Parkour has been proven to reduce antisocial behavior. In a study conducted through a youth incentive in Westminster in conjunction with parkour coaching, crime rate between youth ages 8-19 was reduced by 69% during the time they coached parkour. Parkour gives people a positive way to direct their time and energy by presenting them with new challenges and obstacles each time they engage in the activity.

Benefits for Teachers:

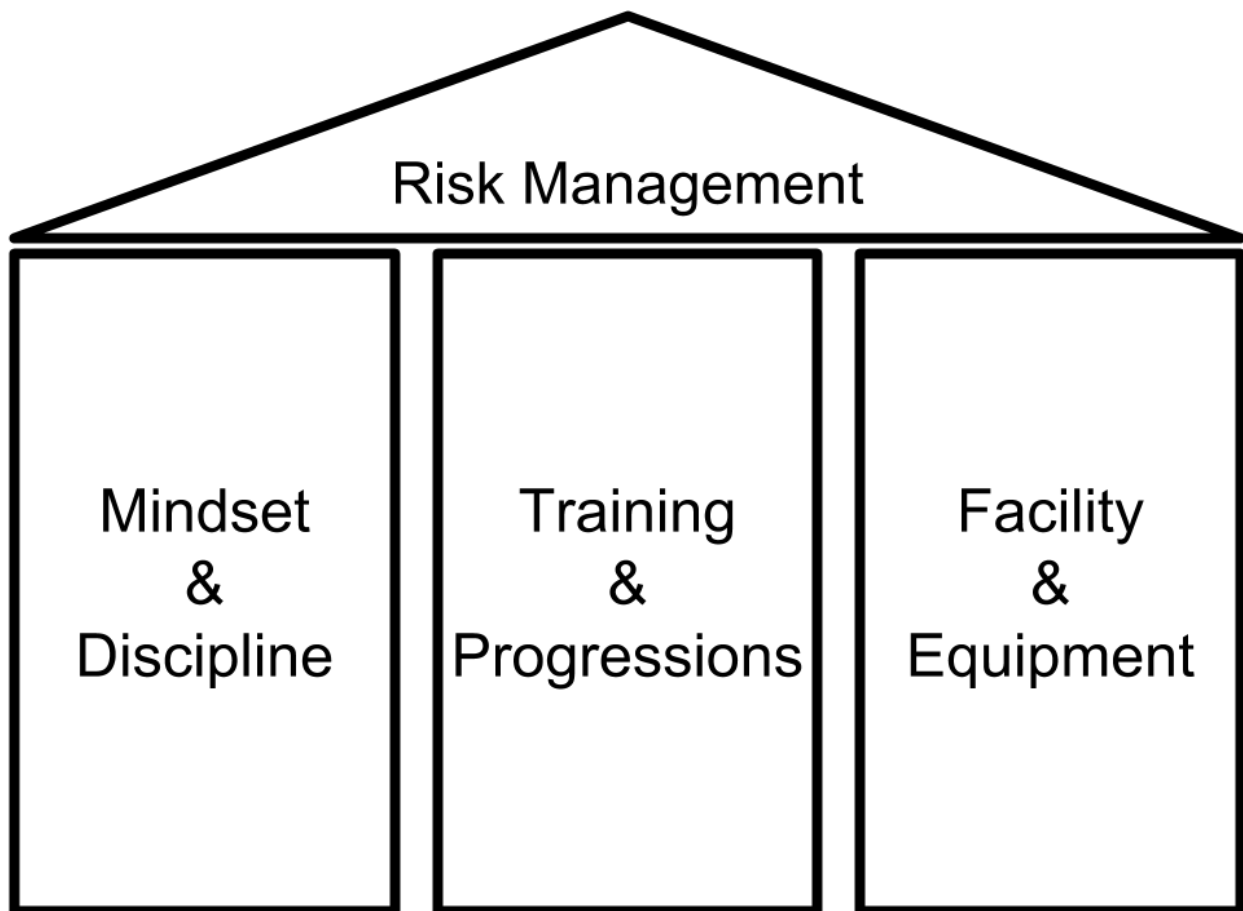
Benefit	Description
Unique New Club	As parkour is not yet widely accepted by the public due to many misnomers and stereotypes from various forms of media such as movies, teachers will find parkour to be a breath of fresh air from already existing clubs.
Inclusivity	As parkour is a discipline for everyone, teachers can also participate and do some parkour themselves.

Benefits for Administration:

Benefit	Description
Easy To Start	The Parkour Club does not require any specific equipment or students with prior skills, making it easier to start the club.
First Discipline-focused Club	There are currently no clubs in the school that are both mentally and physically intensive and are non competitive.
First Parkour School In York Region	Richmond Hill High School will be known for being the first school in York Region with a Parkour Club, increasing inclusivity of all club choices.
Inclusive For All Student Segments	In the Parkour Club, people will not be competing against each other. There will be no tryouts. The club will welcome any student, with or without an athletic background.

3) Risk Management

There are always risks associated with any physical activities. The RHHS Parkour Club uses the 3-pillar approach to manage risk.



Mindset & Discipline:

Each traceur must be able to know his or her limitations and progress at a rate that is appropriate. Many times some of the more experienced traceurs can help judge when it is right for the student to attempt certain things, but ultimately the students must be responsible for himself or herself.

Training & Progressions:

There is inherent danger in practicing parkour. However, the more one practices parkour, the more prepared his or her body becomes for real life obstacles. Regular parkour practice makes us stronger, faster, more focused and more adaptable to all kinds of problems. For example, when learning an advanced skill such as the front flip, students will never go for it first try. Instead, they will work up to it using progressions such as somersaults and diving somersaults.

Facility & Equipment:

Richmond Hill High School is fortunate to be a very safe place for parkour. Not only are there crash mats to practice new skills on, there are several parks that are a 15-minute walk away making them easily accessible for training.

Although there is a risk just like any other sport, safety is the number one priority in parkour. It's even in the description - getting from point A to point B in the fastest and safest way possible. Like any sport, parkour can be dangerous if proper safety precautions are not taken. Most parkour injuries occur when the traceur is careless or attempting something beyond their capabilities (for example, jumping from too high up). In addition, like any new physical activity, those starting out will have to get accustomed to using new muscle groups and body motions which can lead to anything from soreness to more serious injury if overly strenuous activity is attempted too soon.

One may still continue to question if parkour is dangerous because, like in the movies, people are jumping off rooftops doing backflips and other acrobatic activities. However, the truth is that those things are absolutely dangerous if the traceur is not an expert. In fact, that is also not what most traceurs do on a regular basis, just like how advanced gymnastics are for advanced gymnasts — and most of us aren't. Parkour does involve moving through the natural and urban environment, climbing on walls, running, jumping, vaulting, rolling and other things that could result in injury. This is why the Parkour Club will be extremely useful for beginners to learn the basics of how to land properly, roll out of landings, jump with proper form and other fundamentals. Therefore, these benefits greatly outweigh the dangers.

Richmond Hill High School currently has plenty of mats and useful equipment for students to take advantage of. They can be used to manage any risk associated with parkour and minimize injuries. Making use of the school's equipment and facilities this way can help manage risk.

Last but not least, every member is required to complete a waiver form (please refer to appendix A) before they are allowed to participate in any club activity.

4) RHHS Extra Curricular Club Analysis

Richmond Hill High School offers many clubs for students with different interests and passions. The clubs are beneficial to students both intellectually and physically. Many clubs are competitive in nature, which require students to continuously improve on their skills.

Below (Figure 1.0) is a positioning diagram that shows how the largest and most popular clubs in the school are positioned to cater to students' needs.

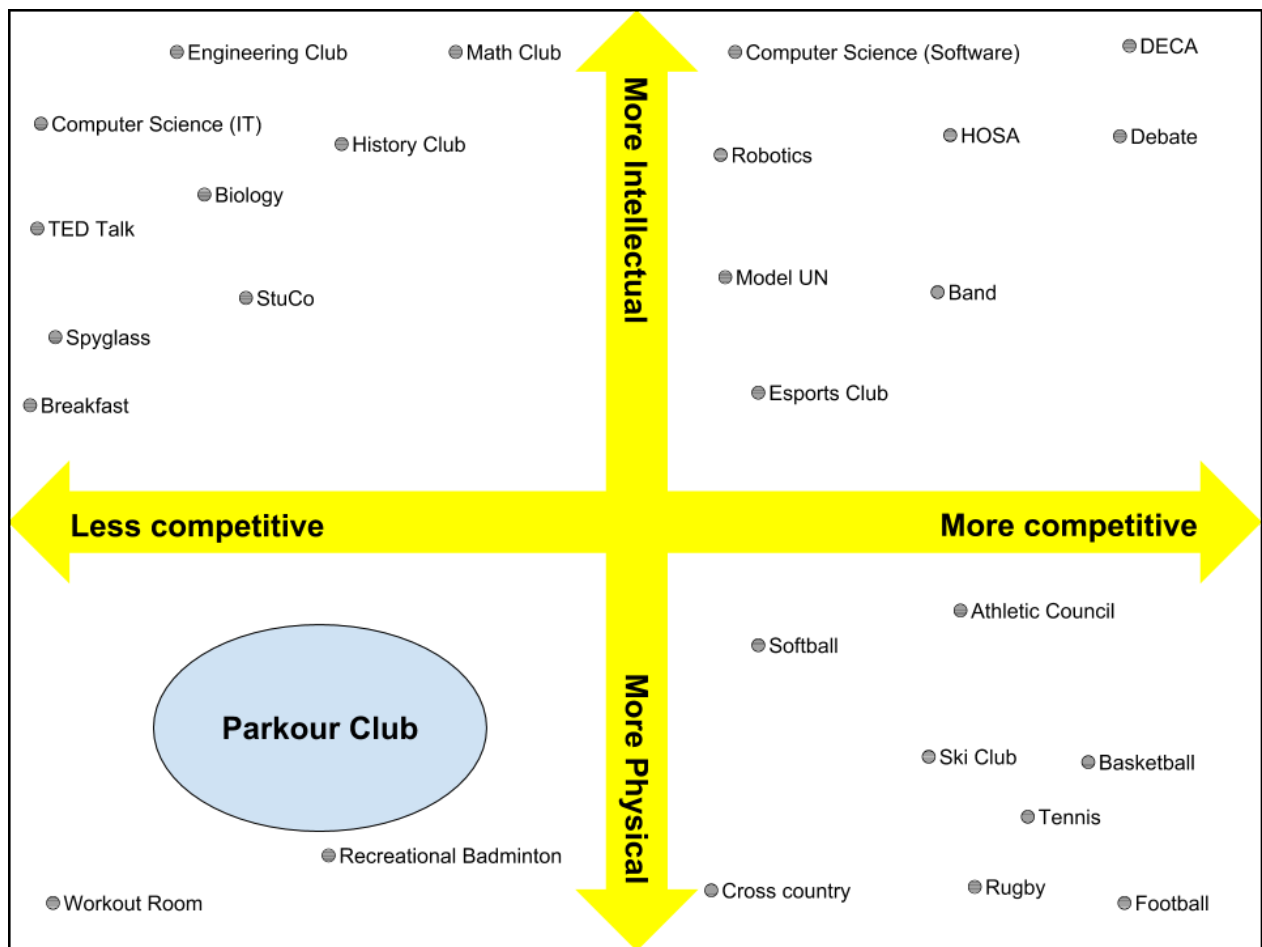


Figure 1.0: Positioning of Major School Clubs in RHHS

The top right quadrant includes all the intellect-based competitive clubs that students could join in order to earn awards in competitions that can be reflected on their resumes. Club members normally have to prepare, study, and practice in order to succeed in the competitions. Students in these clubs are judged or marked at competitive events.

The bottom right quadrant includes all the sports clubs and sports-related clubs. These clubs will also provide opportunities to earn individual or team awards. These clubs students to have a prior amount of skill of the specific sports at an advanced level before they join. These clubs have frequent practices and tournaments which mostly includes teams going to other schools to compete. Club members are also expected to practice, stretch, and condition outside of club hours. Students in these clubs are frequently competing and are judged on their performance.

The top left quadrant is where the non-competitive but non-physical clubs are. Students will usually join these clubs because of personal interests rather than trying to make an impressive resume. These clubs may require work outside of club hours but it is unlikely. In addition, there are usually more social interactions in these clubs and the club structure is more free and relaxed. Students in these clubs never have to compete and they are never judged by others.

The bottom left quadrant includes any clubs non-competitive clubs that involve physical discipline. These clubs will teach students new skills without the fear of competition, humiliation, or being excluded. These clubs are inclusive to anyone and encourage student participation. In addition, these clubs do not require any prior skills and are completely recreational. Currently, there is a large gap in this quadrant where there has yet to be a club that is non-competitive and requires various physical skills. In other words, there is a hole in inclusive physical clubs in the school.

4.1) Equity and Inclusive Education

The York Region District School Board has a mandate to provide a diversified, equitable, and inclusive educational environment for all their students. The inclusive educational environment should extend to after-school extracurriculars.

Although the Workout Room and Recreational Badminton Club seem like physically intensive and non-competitive clubs, they still differ from the Parkour Club. Students in the School Gym can be judged by the amount of weight they lift which could cause students to feel uncomfortable working out. The Recreational Badminton Club, despite its name, keeps score in games and students are playing to win. The Recreational Badminton club only exists for students who are passionate in badminton but did not make the cut for the Badminton Team. Meanwhile, the Parkour Club, as stated earlier, provides opportunities for students to exercise their body intensely or lightly through different movements. Students are never judged as there is no score or real measurements of how well they move. Every move can be just as creative and original.

The parkour club can fulfill the school board's mission for a diversified, equitable, and inclusive educational environment for all their students, whether it is during or outside of school hours.

5) Parkour Club Executive Positions

The RHHS Parkour Club will elect executives from among its student members. Officer positions include: President, Vice President, Secretary, Treasurer, and Marketer. Duties are described below:

Position	Description of Position	Nomination
President	Leads meetings, positively represents parkour within the community, can make an executive decision in the event of a tie vote.	Marcus Chan
Vice President	Assists the president with his/her duties, fulfills the president's duties in the event the president is absent.	Joseph Wang
Secretary	Maintains meeting agendas and minutes. Distributes agendas and minutes to membership in a timely fashion. Maintains membership contact/email list and is responsible for managing all communication between officers, advisor, and general membership as needed. Updates weekly training program and distributes to all members. Maintains accurate and up-to-date records of all club finances and transactions.	Peter He
Marketer	Promotes the the club to other students. The marketer is responsible for setting up promotional posters, writing announcements for the morning announcer to promote the club, and for word-of-mouth promotion to others as well. The marketer does not need to attend all meetings and training sessions.	Frían Frias

6) Information, Rules, and Policies

The purpose of the RHHS Parkour Club is to provide organized, safe parkour training for RHHS students, to promote the practice of parkour, and to encourage the values of parkour: safety, responsibility, cooperation, mindfulness, citizenship, respect, healthy living, usefulness, and community.

Objectives of this club include

- Safe, progressive parkour training
- Participation at school functions in an exhibition capacity as needed
- The encouragement of safe and mindful practice of parkour
- The general positive representation of parkour within the community.

Activities will include weekly training sessions as well as hosting visiting groups for training and parkour jams.

Parkour has cross-disciplinary applications to anatomy/physiology, health, physical education, FACE/nutrition, and other subjects. Parkour is a non-competitive physical discipline that instills self-confidence, respect, responsibility, community, cooperation, physical fitness, and perseverance.

Attendance, training, and other policies:

- Official club training sessions will be held on a once-per-week basis in the school gym. These weekly sessions are considered sanctioned practices. Both the club and RHHS are not liable for training that occurs beyond these sanctioned training sessions.
- Members and executives are expected to maintain good academic standing, good school attendance, and to behave in a manner becoming to the discipline of parkour at all times.
- Members and executives are expected to show respect to other members of the community using the spaces in which they train, respect to law enforcement and security personnel, and respect for our fellow traceurs/traceuses, our bodies, and our training environments at all times.
- Members and executives are not allowed to attempt a skill outside of their capabilities without progressions or safety equipment.

Members are expected to abide by the Leave No Trace initiative by respecting public and private property, maintaining a clean and orderly training environment, and being respectful of architecture and landscaping elements. This will be expected of any students in the club during sanctioned training sessions and training outside of these sessions as well.

The RHHS Parkour Club will engage in one Leave No Trace event per year, involving cleaning up litter, repainting surfaces, general groundskeeping, etc. Specific Leave No Trace activities will be decided upon by the club in conjunction with school maintenance staff and/or the City as needed. Attendance at and participation in the Leave No Trace event is mandatory for all members.

In addition to the above policies, members of the club are subject to all school rules, school board imposed rules, and athletic council rules. Students are expected to be respectful of each other at all times. Any insulting or offensive comment will result in a warning, a second one will result in a one-week ban, and a third will remove the student from a club. Respect is extremely important in the parkour community.

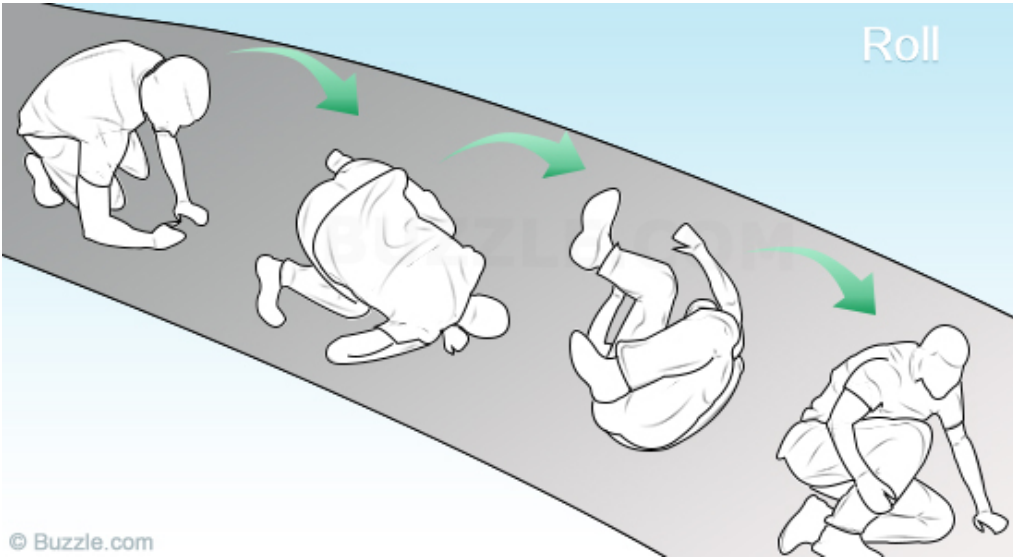
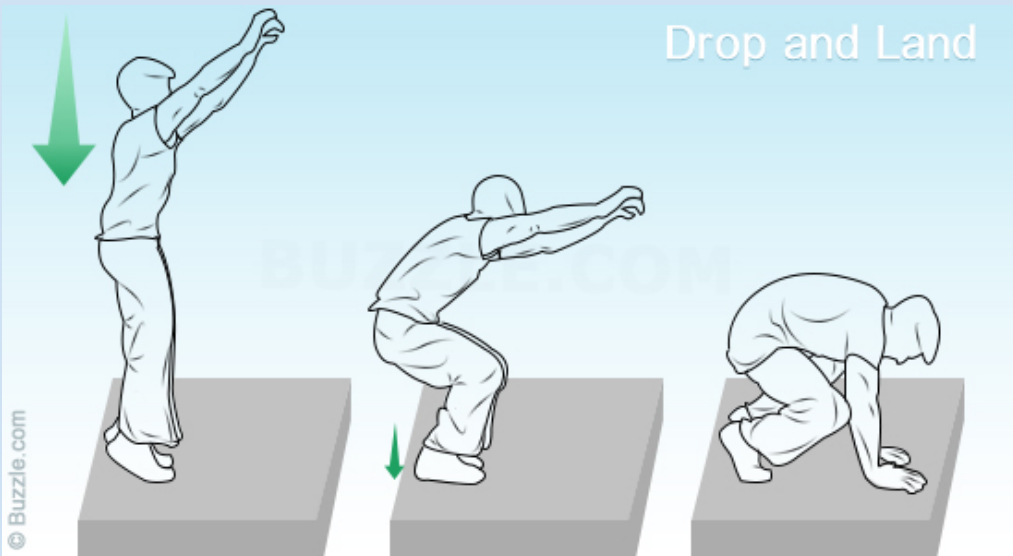
7) Program Outline

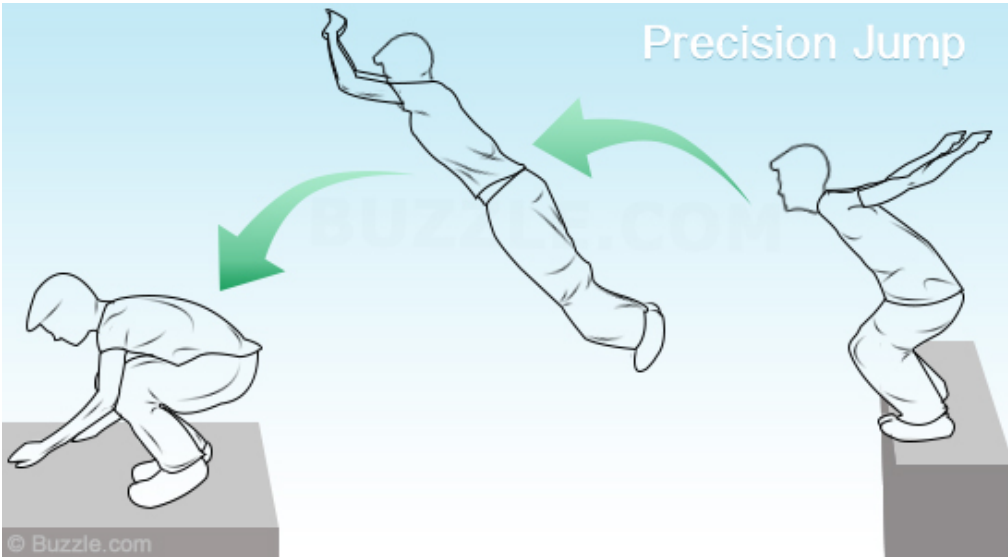
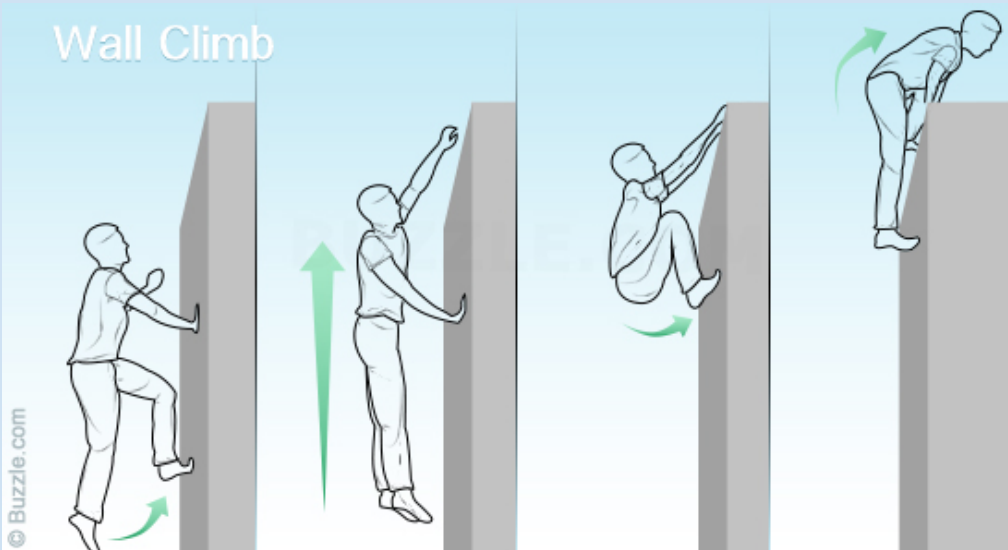
This is a rough outline of the skills that will likely be covered in the Richmond Hill High School Parkour Club. In the first few weeks, landings must be covered as they are important in ensuring safety in parkour and other real life activities and sports. Other skills in the table below are not in any order and the teaching order will be decided to suit the learning style and needs of the students and participants. For diagrams of the skills, please refer to section 7.1.

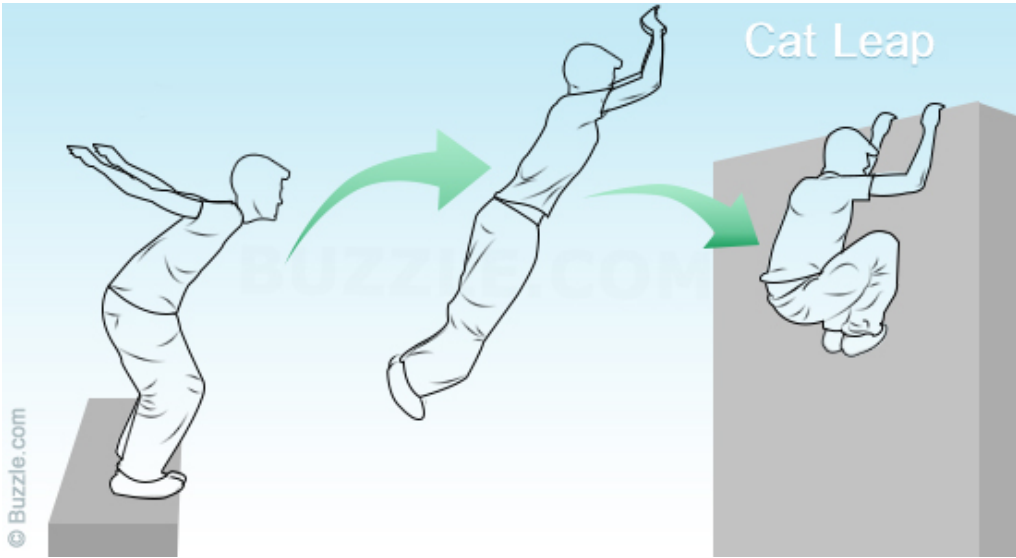
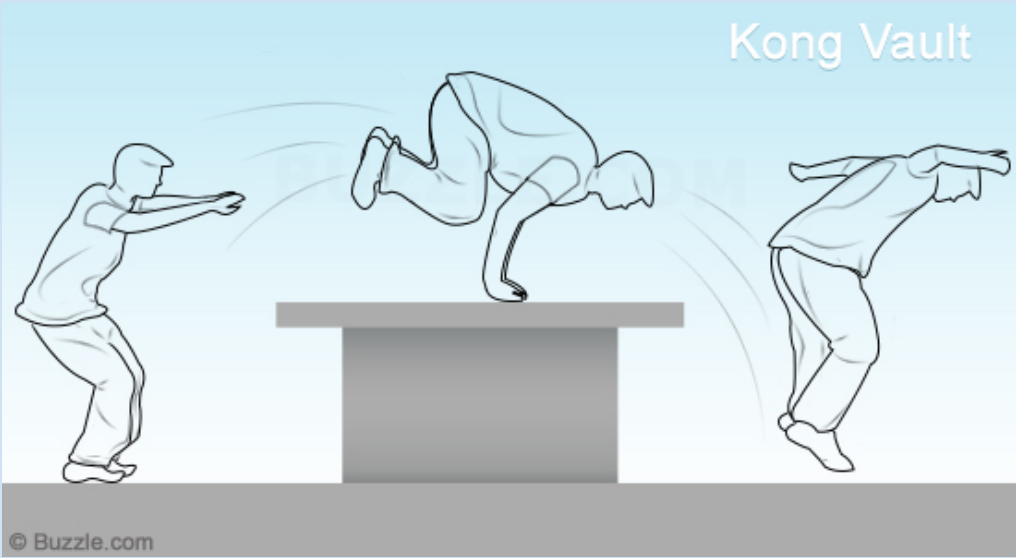
Skill	Description of Skill	Level of Difficulty (1-10, 1 = lowest)
Safety Roll	Landings are the most important skill in parkour. In the first few weeks, the class will learn about quadrupedal landings and safety rolls, which are 2 ways to reduce the impact of a drop.	1
Safety Vault	Safety vaults are the easiest vaults to perform and the first vault one should learn. It is used for getting over obstacles that are hip-height.	1
Precision Jumps/Landing	Precision landings are a part of parkour as well. It can be chained with safety vaults for more advanced students.	1
Kong Vault	Once students are comfortable with safety vaults, kong vaults are taught. It is more complex as it requires legs to go in between the hands but can easily be done using numerous progressions.	2
Bar Catch and Lache	Students learn how to catch themselves when falling by holding on to a bar. Later, laches, a skill that involves swinging from a bar to move forwards, will be taught.	2
Back Fall	A backwards break fall onto a crash mat. Arms are crossed across the chest and chin is tucked in. Body should be tall and upright as you fall, like a tree. When landing on the mat or foam, open your arms to hit your hands down beside your body	1

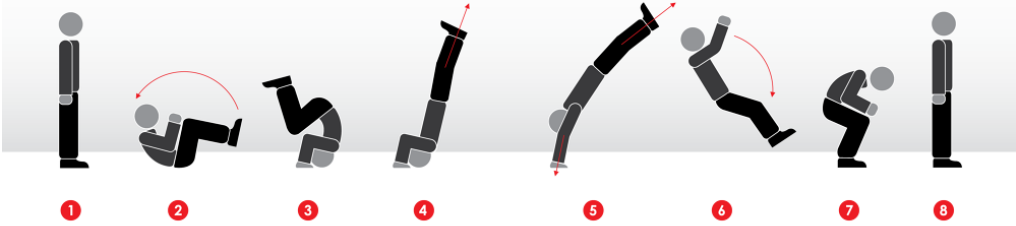

Skill	Description of Skill	Level of Difficulty (1-10, 1 = lowest)
Wall Splat	A quick "landing" on a wall. Similar to a cat, except you are not trying to hold onto the wall, but briefly cushion and land to absorb impact.	1
Vertical Wall Run	A one foot push off the wall to help you get up to the ledge. One hand protects your face as you push, and one hand reaches up. You should be facing the wall the entire time.	1
Cat Leap	Jump to a stationary vertical ledge and grabbing on with both arms	1
Horizontal Wall Run	Running across a wall	1
Kip Up	Kicking up from a supine position to standing. The hands are placed next to the ears to push off	3
Cartwheel	Rotating the body sideways, placing the hands on the ground, letting the legs move over the head and placing them on the ground again	2
Dive Roll	Diving into a safety roll	2
Somersault	Rolling forwards completely over your head	1
Elevated Somersault	Rolling forwards completely over your head from a height	2
Dive Somersault	Diving into a somersault	3
Aerial Somersault to Back	Doing a somersault in the air and landing on back	4
Aerial Somersault to Feet	Doing a somersault in the air and landing on feet	5

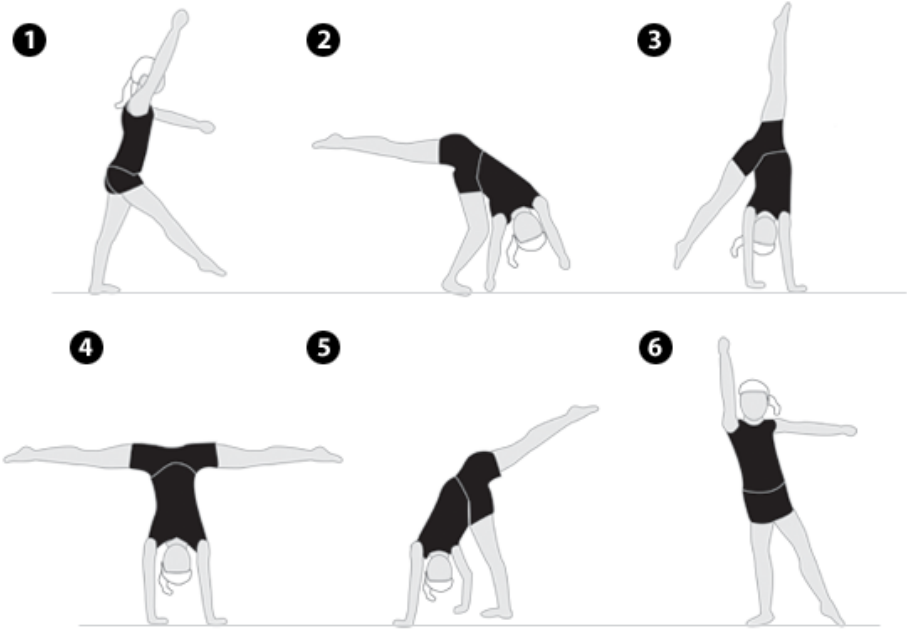
7.1) Sample Step-By-Step Training Diagrams

Skill	Diagram
Safety Roll	 <p>The diagram illustrates the four stages of a safety roll on a sloped surface. 1. The person starts in a crouched position. 2. They tuck their head and arms, rolling onto their back. 3. They continue the roll onto their side. 4. They finish in a crouched position, ready to move. Green arrows indicate the direction of the roll. The word 'Roll' is written in the top right corner. A copyright notice '© Buzzle.com' is in the bottom left corner.</p>
Quadrupedal Landing	 <p>The diagram illustrates the three stages of a quadrupedal landing on a flat surface. 1. The person stands with arms raised. 2. They drop into a crouched position. 3. They land on all fours in a stable, ready position. A large green arrow points down from the first stage. The words 'Drop and Land' are written in the top right corner. A copyright notice '© Buzzle.com' is in the bottom left corner.</p>

Skill	Diagram
Precision Jump/ Landing	 <p>The diagram illustrates the Precision Jump in three sequential stages. On the left, a person is in a crouched starting position on a grey rectangular block. A green arrow points to the middle stage, where the person is in mid-air, body horizontal, with arms and legs extended forward. A second green arrow points to the right stage, where the person is landing on another grey rectangular block in a controlled, low-profile position. The text "Precision Jump" is written in the upper right of the diagram area. A small "© Buzzle.com" watermark is visible in the bottom left corner of the diagram.</p>
Vertical Wallrun	 <p>The diagram illustrates the Wall Climb in four sequential stages. Stage 1: A person approaches a vertical grey wall from the left, with one foot on the ground and hands reaching for the wall. A green arrow indicates the direction of movement. Stage 2: The person pushes off the ground with their right foot, indicated by a large green upward arrow. Stage 3: The person is in mid-air, pulling their body up towards the wall with their arms. A green curved arrow shows the upward motion. Stage 4: The person is fully on the wall, in a crouched position with their back to the wall. A green arrow points upwards along the wall. The text "Wall Climb" is written in the upper left of the diagram area. A small "© Buzzle.com" watermark is visible in the bottom left corner of the diagram.</p>

Skill	Diagram
Cat Leap	 <p>The diagram illustrates the Cat Leap skill in three stages. On the left, a person stands on a low ledge with arms extended back. A green arrow points to the middle stage, where the person is in mid-air, body horizontal, with one arm reaching forward and the other back. A second green arrow points to the right stage, where the person is landing on a higher ledge, with both arms reaching up to grab the edge. The text 'Cat Leap' is written in the top right corner of the diagram area. A small '© Buzzle.com' watermark is visible in the bottom left corner of the diagram area.</p>
Kong Vault	 <p>The diagram illustrates the Kong Vault skill in three stages. On the left, a person is in a starting crouch with arms extended forward. A curved arrow points to the middle stage, where the person is in mid-air, performing a handstand over a rectangular obstacle. A second curved arrow points to the right stage, where the person is landing on the other side of the obstacle in a crouched position. The text 'Kong Vault' is written in the top right corner of the diagram area. A small '© Buzzle.com' watermark is visible in the bottom left corner of the diagram area.</p>

Skill	Diagram
Kip Up	 <p>The diagram illustrates the eight steps of a Kip Up:</p> <ol style="list-style-type: none">1. Starting in a standing position.2. Lowering the body into a crouch.3. Pushing off the ground with the hands.4. The body is in the air, with the legs bent and the feet pointing towards the ground.5. The body is in the air, with the legs bent and the feet pointing towards the ground.6. The body is in the air, with the legs bent and the feet pointing towards the ground.7. The body is in the air, with the legs bent and the feet pointing towards the ground.8. Landing in a standing position.
Horizontal Wall Run	 <p>The photo shows three individuals performing a Horizontal Wall Run on a brick wall. The text "HORIZONTAL WALL RUN" is overlaid in large red letters. The individuals are captured in mid-air, with their bodies parallel to the wall and their feet touching the wall.</p>

Skill	Diagram
Cartwheel	

7.2) Equipment

The following list of equipment is required in order to run the Parkour Club.

Equipment	Quantity	Description
Crash mats	8	The school already has crash mats attached to the bleachers using velcro. The Parkour Club will take down those mats, use them, and wipe them and clean up after we use them.
Vaulting Blocks	3	This will only be purchased later on if the club becomes a large success. The Parkour Club will use the benches outside if the blocks are not purchased yet.
Bars	3	These bars will be used to teach bar skills. For now, the Parkour Club will walk to Newberry Park for these types of training in spring or in the fall, weather permitting.

7.3) Coaching

During the club schedule, at least 2 of the executives will be present. This includes Marcus Chan and Joseph Wang (who will be substituted by Peter He when Joseph is absent). Marcus will be demonstrating the skill that the class will learn and will cover anything technical about the club. Joseph is in charge of asking thought-provoking and constructive questions for the students to learn better. Joseph will also be pointing out and explaining anything to look out for in Marcus' demonstrations.

Marcus has been learning and practicing parkour for over a year and has coaching experience. He is taking parkour coaching classes at Play Project Parkour in Burlington. Below (Figure 2.0) is a picture of Marcus spotting another student during a coaching class.



Figure 2.0: Marcus Chan spotting a student

8) Typical Class Structure

Time	Activity
3:30 pm	Bell rings to end the school day
3:40 pm	Club meets in large gym and begins stretching
3:50 pm	Equipment set up OR travel to park
4:00 pm	Club finishes stretching and starts lesson
4:15 pm	Lesson is over and students get the chance to practice their newly learned skill(s) on mats
4:45 pm	Practice ends and conditioning begins
4:50 pm	Conditioning is over and equipment cleanup/takedown begins OR walk back to school from park
5:00 pm	Club is dismissed

9) Acknowledgements

I would like to acknowledge the following people and various resources for helping me to turn a Parkour Club from a dream to a reality. I truly enjoy doing it and I would be overjoyed to share my knowledge, experiences, and skills with other people.

- I would like to express my very great appreciation to my grade 9 gym teacher, Mr. Walker, for supporting my passions in parkour in the very beginning
- I would like to offer my special thanks to my parents for helping me to look over the proposal and for making it look more formal, and also for driving me to Burlington for coaching lessons every week
- Advice given by my parkour coach Trevor De Groot had been a great help in the technical parts of parkour in the proposal
- Feedback and additional advice given by my friends and executives Frián Frias, Peter He, and Joseph Wang was invaluable to the proposal

Helpful websites:

<http://www.americanparkour.com/smf/index.php>
<https://sportsaspire.com/parkour-moves-for-beginners>
<http://www.americanparkour.com/smf/index.php?topic=33562.0>
<http://www.bullettrun.com/parkour-is/>
https://www.reddit.com/r/Parkour/comments/1qxui2/im_starting_a_parkour_group_at_my_high_school/
<https://waiver.smartwaiver.com/w/580f888ccb7a4/web/>
<https://fimblog.com/2017/07/09/top-10-health-benefits-to-doing-parkour/>
<https://www.wikiwand.com/en/Parkour>
<https://www.tandfonline.com/doi/full/10.1080/19406940.2016.1272619?scroll=top&needAccess=true>
<http://playproject.ca/wp-content/uploads/2017/03/ParticipantInformation2017.pdf>
<https://www.theguardian.com/sport/blog/2018/dec/05/parkour-fight-soul-gymnastics>
<https://parkourpedia.com/about/who-is-who/david-belle/>
<https://www.bbc.com/sport/38567616>
<https://www.insidethegames.biz/articles/1063539/debut-fig-parkour-world-cup-to-take-place-as-fise-world-series-reaches-hiroshima>
<http://www.fise.fr/en/fise-world-series-2018/fise-hiroshima-2018/news/parkour-fig-world-cup>
<https://www.cnn.com/2019/02/22/health/parkour-reduce-fall-risk-sw/index.html>

10) Appendix A - Sample Waiver Form

Participant Information			
First Name		Last Name	
Home Phone		Birthdate (m/dd/yy)	
Address		Unit #	
City		Postal Code	
Main Contact Name		Relationship	
Daytime Phone #		Cell #	
Email		Add to Mailing List?	<input type="checkbox"/> yes <input type="checkbox"/> no

Emergency Contacts (Every attempt will be made to contact the main contact at the numbers above. Should those attempts be unsuccessful, please list two alternative contacts.)		
Full Name	Relationship	Daytime/cell #
Full Name	Relationship	Daytime/cell #

Medical Information			
Allergies <input type="checkbox"/> yes <input type="checkbox"/> no	Details:		Epi-pen required? <input type="checkbox"/> yes <input type="checkbox"/> no
Medical (i.e. vision, hearing, seizures, diabetes, mobility)? <input type="checkbox"/> yes <input type="checkbox"/> no	Details:		
Asthma <input type="checkbox"/> yes <input type="checkbox"/> no	Inhaler? <input type="checkbox"/> yes <input type="checkbox"/> no	Asthmatic triggers:	
Developmental/Learning (i.e. ADD/ADHD/Autism/Delays) <input type="checkbox"/> yes <input type="checkbox"/> no	Details:		
Previous Injuries That May Impact Movement:			

Video Waiver / Media Consent

I hereby authorize any images or video footage taken of _____, in whole or in part, individually or in conjunction with other images and video footage, to be displayed on the RHHS Parkour Instagram Page and to be used for media purposes including promotional presentations and marketing campaigns.

I waive rights to privacy and compensation, which I may have in connection with such use of my name and likeness, or my child's name and likeness, including rights to be written copy that may be created in connection with video production, editing and promotion therewith.

I am over 18 years-of-age and the parent or legal guardian of the child, and I have read this waiver and am familiar with its content.

Parent / Guardian Name (Please Print): _____

Signature: _____

Child's Name: _____

Date: _____

I, the undersigned, hereby request voluntary participation on behalf of: _____ to participate in the club identified above. I am familiar with the concept of parkour and the physical demands involved, which include but are not limited to, running, climbing, jumping, vaulting, and other strenuous actions sometimes involving height, speed, and unpredictable surfaces. I understand that parkour is a high-impact, full-body activity that requires intense focus, awareness of my body's strengths and limitations, awareness of the environment around me, and extreme caution at all times. I understand that I must exercise good judgment at all times in order to remain safe, including stopping immediately if I feel lightheaded, faint, weak, or in pain.

If at any time I feel I cannot continue to participate safely for any reason, whether because of a physical condition, the actions of myself or others, or any other reason, I must immediately discontinue involvement and inform an executive of the club. As with any strenuous physical activity, I am aware that I must take any and all necessary precautions, including but not limited to seeking advice from my physician, prior to attend a training session.

I understand and acknowledge that participation in the club may involve risk of serious injury or death, including injuries which may result not only from my own actions, my own inactions, or my own negligence, but also from the actions, inactions, or negligence of others, the condition of the facilities, equipment, or areas where the training sessions are conducted, and/or the physically strenuous nature of parkour. I, or my Parent or Guardian where applicable, warrant and promise that I assume full responsibility for my conduct and safety at all times, whether or not in actual participation during training sessions.

I certify that I am in good health and have no physical condition that would prevent participation in the training sessions or put me at greater risk for injury. I agree that all activities undertaken in the club are conducted at my own risk. Furthermore, I agree to use my personal medical insurance as primary medical coverage payment if an accident or injury occurs. I consent to emergency medical treatment in the event such care is required. Knowing and understanding the risks involved with participation in the club, I hereby voluntarily and willingly assume responsibility for all risks and dangers associated with my participation in the club.

In consideration of my participation in the activity, I hereby waive all claims or causes of action against Richmond Hill High School, Marcus Chan, Joseph Wang, Peter He, Friar Frias, their agents, affiliates, volunteers, other participants, and any sponsors and advertisers.

Negligence is defined as any action or inaction that leads to unnecessary injury or risk, failure to inspect obstacles, surfaces, and training area for potential safety risks before interacting with obstacles and the environment, failure to ensure the safety and reliability of Richmond Hill High School obstacles and equipment, and any interruptions or distractions that cause injury.

I agree and covenant to indemnify and hold harmless releases from all liability, claims, demands, losses, or damages on my account, whether caused or alleged to be caused in whole or in part by negligence or otherwise, and agree that if, despite this release, waiver of liability, and assumptions of risk, I or anyone on my behalf, makes a claim against any of the Releases, I will indemnify, save and hold harmless each of the releases from any loss, liability, damage, litigation expense, attorney fees, or costs they may incur as the result of such a claim.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND HOLD HARMLESS AGREEMENT. I FULLY UNDERSTAND ITS TERMS, AND I UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME, AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY THE LAW.

This waiver is effective for the school year, from September 3, 2019 to June 25, 2020 inclusive.

Name of Participant:

Name of Legal Guardian:

Participant or Legal Guardian Signature:

Date Signed:
