



Light contact consent



‘In the Bag’ provides further development in the form of light contact sparring. Young people are able to practise techniques learned in real time situations.

This is a safe environment, supervised at all times. There is an emphasis on ‘light’.

It is a valuable way of learning and training.

Protective equipment must be worn – gum shield/ head guard, gloves and shin pads (if applicable)

To comply with the health and safety policy, permission must be granted by the parent/guardian before any sparring takes place.

Please read the following and sign where appropriate:

I have read and understood the conditions for light contact.

I give permission for my child to spar **YES/NO**

Childs Name:

Signed:
Parent /guardian/adult with parental responsibility
(Delete as appropriate)

Date:

This authority will stay in force until cancelled in writing by Parent/guardian/adult with parental responsibility.