

**FUSION Pro**  
**Trainee Sign Up Pack**

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## **Rules, terms and conditions**

- Bullying of any kind, be it physical or otherwise, towards fellow trainees or trainers is not tolerated.
- Students must pay attention to their trainers at all times.
- Do not attempt anything, be it wrestling or otherwise without trainer guidance and supervision. -No stiffing\* or sandbagging\*\*. We work towards improving ourselves and those around us, also doing either of these things could not only injure your opponent, but also yourself.
- No egos. Leave them at the door, if you come in with one you won't last long.
- Respect the equipment and property of the FUSION Pro Wrestling Academy.
- Respect the property of trainers and fellow trainees.
- Any form of sexual harassment will not be tolerated. If there are any complaints of this nature they will be investigated and guilty parties will be asked to leave the Academy.
- If you wish to practice a move, always inform your opponent what you intend to do, be safe, and if in doubt ask an instructor to observe.
- Wear appropriate clothing. We recommend indoor trainers, t-shirt, loose bottoms and knee pads. Elbow pads aren't recommended but elbow supports or protectors are okay.
- Payment for each session must be made before the session begins, no exceptions.

*\*Stiffing, or To Stiff; is a term used when one wrestler will try and intentionally injure another during a match or training by being purposefully overly heavy handed with moves or strikes.*

*\*\*Sandbagging; The practice of a wrestler making himself difficult to lift or purposefully hard to wrestle against.*

*\*The FUSION Pro Wrestling Academy reserves the right to change its rules, terms and conditions at any given time.*

## **Health & Safety Fire Procedure**

- In the event of a fire or emergency, the fire exits that are situated in the room must be used.
- Students should report to the trainer at the designated fire point to enable a register to be taken.
- Should the first alarm sound, students should make their way safely out of the building with no running.
- First Aid Should first aid attention be required during training sessions students must alert the trainer(s).
- In the event of serious injury, the trainers will immediately contact the emergency services and the emergency contact number for the next of kin.

## **Safety**

Trainees who are disturbing the sessions or not acting in a safe and reasonable manner for whatever reason, will be asked to leave. It is also possible that their membership be cancelled and any unfinished training session be refunded. We operate a 3 strikes and you're out system at the FUSION Pro Academy. This is for your own safety and the safety of others.

## **Liability**

-The FUSION Pro Wrestling and FUSION Pro Academy are not responsible for any injuries occurring as a result of (i) a breach of health and safety policies, (ii) failure to follow instructions as given by any trainer or (iii) failure to adhere to the training schedules set out for each session.

-Wrestling is a dangerous activity and neither FUSION Pro Wrestling or FUSION Pro Academy are to be held responsible for any injuries relating to wrestling. Detail of injuries and risks are detailed in our risk assessment.

-Public liability insurance does not cover trainees in the event of sustaining injury through wrestling. We ask that all trainees purchase personal injury insurance (related to contact sports) before they begin training at FUSION Pro.

**Trainee Disclaimer**

I accept that the practice and training of professional wrestling entails inherent risk of injury, aggravations of prior and sustained injuries over time and in a minority cases of paralysis or death. I accept these risks and will not, without proof of negligence, hold my trainer, school or promotion responsible for any resulting injury, sustained or aggravated during the course of my training or performance of professional wrestling. I will at all times to the best of my ability follow the guidance and advice of my trainer, school and promotion for my own safety and the safety of others.

I understand that failure to do so illustrates neglect on my part and I take responsibility for my own health and safety. I will do all i can to aid my trainer, school and promotion in their obligations with all statutory requirements for health, safety and welfare. I will inform my trainer, school and promotion as appropriate should i develop any injury or illness which may affect my ability to train or perform. I understand and accept that professional wrestling is a contact sport and that regardless of age or gender, I will not intentionally violate another students personal rights during training and seek a trainers advice when needed. I agree to not partake in verbal or physical forms of bullying or sexual harassment aimed at other students, trainers or individuals link to the school.

Generic Risk Assessment For Risk Assessment of Wrestling

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**Hazard:** Training while unfit

***Injury possible (pulled or torn muscles and ligaments, other damage to body)***

**At risk:** Learners, Staff

- All learners and staff complete warm up exercises
- All learners start from a basic level and complete all levels of their basic training programme. Briefing learners on the importance of warming up

**Risk Rating:** Low

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**Hazard:** Break Falls Injury

***Injury possible (Injuries to back, spine, neck and muscles - potentially serious)***

Learners, Staff Learners, Staff Learners, Staff

- No one shall train without first of all warming up and warming down after training
- No one shall over train or attempt exercise beyond their capabilities
- No one shall climb without specific supervision and permission from staff
- Soft mats need to be in place on the floor
- Learners to be supervised Correct Supervision by competent leader

**Risk Rating:** Low

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**Hazard:** Ankle, Legs and arm damage resulting from falls

***Injury possible to body (various)***

**At risk:** Learners, Staff

- Appropriate footwear shall be worn during training
- Trainers must be on hand at all times

**Risk Rating:** Low

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**Hazard:** Flooring Mats Injury (Trip or Fall)

***Injury possible to body (various)***

**At risk:** Learners, Staff

- No unsupervised break falls shall place
- Floors should be non-slip, dry and clean
- They should be checked before use of session
- There should be a range of mats designed specifically for sport
- Mats must be firm and dense enough to minimise the risk of injury
- Check mats are in place at the start and throughout the session

**Risk Rating:** Low

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**Hazard:** Performing moves

***Injury possible Fatality/Paralysis***

**At risk:** Learners, Staff

- Staff to have experience and be confident in their training capabilities
- Learners to be supervised at all times
- Warm up and Warm down after each session
- Do not attempt any move that either party is not comfortable with, everyone involved in a move must agree on it

**Risk Rating:** Low

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