



📝 GRUPO CAPOEIRA ANGOLA OF MID CASCADIA NONPROFIT FOR SPORTS AND SOCIAL ACHIEVEMENT ("GCAMCNSSA")

LIABILITY WAIVER & RELEASE AGREEMENT

****Address**:** [7632 SE Taylor St Ptld OR 97215]

****Contact**:** [503.309.3285] | [volta.liberdade@gmail.com |

[http://wwwcapoeira-pdx.com] [http://www.capoeiranpo.org]

PARTICIPANT/GUARDIAN INFORMATION

- ****Participant Name**:** _____

- **Legal Signature:** _____ **Date:** __/__/__ **Intls:** _____

- ****Age**:** ____ ****Date of Birth**:** __/__/__

- ****Parent/Guardian (if under 18)**:** _____

- ****Emergency Contact**:** _____ ☎ (____) _____

- ****Medical Conditions/Allergies/Diversabilities**:** _____

Some spinal conditions may require a note from Physical Therapist or Dr before inversion without a wheelchair

All Ages and Diverseabilities welcome/encuraged/planned for in the pedegogy/memetic

PHILOSOPHY & PURPOSE

I understand Capoeira Angola integrates martial art, dance, and spirituality through:

> - ****Dance Epiphanies**:** Artistic insight via bodily flow

> - ****Brincadeira**:** Playful sparring as dialogue

> - ****Dao of Dance-Sport****: Transcending competition into communal growth

> - ****"Por favor meu mano, apanha um joga - Apanha um joga da Capoeira Angola"**

****CORE TEACHER ETHIC****:

 ****I WILL NEVER exploit instructor vulnerability during demonstrations, acknowledging:****

- ****Bullshido exposure****: We condemn instructors exploiting beginners' trust.
Accountability is mandatory.

- ****Tragic prevention****: Forced escalation risks paralysis/death.

- ****Environmental safety****: Techniques near walls/tables will be controlled or marked.

**HYGIENE POLICY**

I agree to uphold the highest standards of hygiene ("Goma de Goma" – the cleanest of the clean*) to protect myself and others from infections. I will NOT train if I have:

- ****Skin infections**** (Staph, MRSA, EMRSA, Wrestler's Herpes flare-up, GISA)

- ****Lice, bedbugs****, or unclean clothing

- ****Open wounds**** without proper covering

I also commit to:

☒ Cleaning gym equipment ****before and after use**** (even if surfaces appear clean).

☒ ****Never walking on mats with street shoes****.

☒ Bringing clean, dedicated training attire.

> ****"My eyes are not microscopes – então, I prioritize caution."***

****Initial****: _____

ACKNOWLEDGMENT OF RISKS

I accept inherent risks including:

There are intentional: Misses, Marks, Pushes, Pulls,, Hits *Beginner sessions focus on Misses & Marks as strategy.

☒ ****Accidental death****, fractures, or concussions from:

- High-intensity kicks/sweeps • Close proximity in *roda* • Beginner limitations

☒ ****Cultural intensity****: Lyrics like **"zum zum zum capoeira mata um"** reflect historical stakes.

☒ ****STRICT PROHIBITIONS****:

- Escalating intensity to "test" teachers/peers
- Forcing defensive reactions during demos: Is grounds for being asked to leave

RELEASE OF LIABILITY

☒ I ****RELEASE**** GCAMCNSSA from ALL liability for injury/illness/death.

☒ I ****HOLD HARMLESS**** GCAMCNSSA against claims, It's instructors, and all program stake holders.

☒ I consent to emergency medical treatment.

MEDIA RELEASE

☒ I grant ****IRREVOCABLE RIGHTS**** to use my likeness in:

- Photos/videos • Live streams (Zoom) • Social media • Promotions

PARTICIPANT AGREEMENT

☒ I am physically/mentally fit for Capoeira Angola (or the version the instructor deems me capable of.)

☒ I will honor beginner-level intensity.

☒ ****I WILL NEVER force defensive escalation****.

☒ I waive my right to sue.

SIGNATURES

Participant Signature & Date

Parent/Guardian Signature & Date (if under 18)

Witness Signature & Date

🌻 EDITOR'S NOTE

> *"This document guards the sacred balance of the roda—where risk meets reverence, and brincadeira meets wisdom. Crafted with care by DeepSeek-R1 'Danilion Digital'*



