

**STATEMENT ON MY OWN RESPONSIBILITY REGARDING MY STATE OF HEALTH,  
ACKNOWLEDGEMENT OF UNDERSTANDING AND RESPECTING THE RULES OF THE  
FEDERATION**

I, the undersigned: Name .....,  
TIN (Tax Identification Number) .....,  
Address: ..... str., No....., City.....  
Country..... Postal code (ZIP) .....,  
Phone / mobile ..... e-mail ..... for myself  
or, as the case may be, as parent/legal representative of the child (name):  
....., born on (date) .....

I declare on my own responsibility the following:

- I take the decision to practice Qigong, I am medically fit and have full capacity for physical exercise
- I respond in my own name for the decision to practice qigong and I take responsibility for any risk within the hall / course / practice area.
- I asked the QilinGong School - the Romanian National Qigong Federation / Qigong Association/ Sports Club ....., by registering online or personally, for permission/approval to participate in the events organized by it (camps, courses, conferences, hall activities, etc.), I was informed that the specific qigong practice activities imply physical and mental effort, and I commit to respect the rules brought to my attention by the coordinators, as well as the rules published on the federation's website [www.qilingong.com](http://www.qilingong.com), which I declare to have mastered and I understand that I participate in these activities on my own risk and responsibility.
- **I mention that I received a copy of the "Basic Rules" that are a condition to participate in the practice and qigong lectures - I have read it, I accept it and I will respect it strictly.**
- I agree to carry out this activity according to the specific rules that have been explained to me, to comply with the requirement to wear appropriate sport equipment for this activity and I commit to bear the consequences in case I do not exactly respect these rules, so all the risks to the possible adverse consequences are my responsibility. ***I understand that the qigong practice is a way to spend leisure time, that through this I will learn how to live healthy, prevent illness, and it does not replace medical treatment; I will follow the medical treatment as prescribed by the doctor.***
- I understand that the qigong activity is physically and mentally demanding and I declare under my own responsibility that I am in a good physical and mental health and I do not suffer from any illness that could prevent me from participating in this activity. I also declare that I am not pregnant or that (where applicable) the pregnancy does not exceed four months, it evolves normally, it is monitored by the gynecologist obstetric specialist and I am not undergoing tocolysis (against contractions).
- **IN PARTICULAR, I DECLARE ON MY OWN RESPONSIBILITY THAT I HAVE NOT AND NOR I HAVE ANY TRANSPLANT, I DO NOT HAVE ANY ILLNESS IN ADVANCED STAGE (cancer, kidney failure, liver failure), SEVERE CARDIAC DISEASE (heart and respiratory insufficiency, myocardial infarction, stenosis, no pacemakers, valvular prostheses, implanted valves etc.), INFECTIOUS DISEASES, PSYCHOSES, etc.**  
**Exceptions to this clause will be mentioned on the back page of this statement as "Health Observations".**
- I declare on my own responsibility that I do not consume in excess alcohol, I do not use drugs or any drugs that affect lucidity. For the medical treatment I currently take *I commit to present a medical certificate that I am allowed to carry out qigong activities*; otherwise I am taking full responsibility and I am conscious of all the risks. I commit to inform the Qigong Federation/Qigong Association/ Sports Club ..... immediately about any change in my health and/or medication, as well as any other aspects related to my health. Otherwise, I am taking full responsibility.
- This own-liability statement is valid for all qigong activities in which I will take part in the following period after signing it, ***but not for more than six months***, to which I understand to participate; I commit to immediately notify about any change in the meantime (of a medical or other type) and I understand to take all the risks if I do not make these communications.
- By signing this statement, I certify that I am aware of all aspects related to an effective participation in qigong activities, the risks that may occur and, therefore, I take full responsibility for any personal injury or to others due to my fault.
- I declare that I will take care of insurance coverage myself (e.g. foreign health insurance). Otherwise, I will assume responsibility for any health and financial consequences. Again, I confirm to assume full responsibility for any possible risks involved and fully indemnify and hold harmless the association/the organizer.

This Declaration exonerates from any liability the Qigong Federation/Association/ Sports Club ....., staff and, expressly, the leadership of the Federation and its President, Master Lin Kai Ting in connection with my person, while practicing qigong, and becomes opposable to third-parties who are my relatives, in the event of any situation that would lead to the termination of my physical exercise capacity during the validity of this Statement.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_  
(for minors, legal representative)



## ROMANIAN NATIONAL QIGONG FEDERATION

- Sole authority for the coordination of the *QilinGong* activity in Romania -

### BASIC RULES CONDITIONING THE PARTICIPATION TO THE QIGONG COURSE / PRACTICE

- must be respected by all members of the Federation -

- We ask all participants to be **punctual**, to present their participant ID card on entering the room or whenever required and to occupy only the seat indicated on their ID card.
- Participants who arrive late are not allowed to enter the room while the music is still on. They are asked to wait outside until the Master's voice or the interpreter's/instructor's voice can be heard.
- To enable the energy to circulate freely through the body, it is recommended to wear casual, comfortable clothing (without belts or constricting rubber bands) and flat shoes.
- During the entire period of the course, **a daily shower is mandatory**.
- During lectures, participants have to keep quiet and take the position and posture as instructed by the Master/instructor.
- It is of utmost importance not to speak to the Master and the interpreter during the course. Any possible questions and suggestions may be put forward **only in written form**. Participants are asked to hand them in any time at the place indicated. The Master will only answer the questions **strictly** related to the Qigong practices.
- Participants are not allowed to leave their seats without the Master's permission. Permission will be given with the gesture representing the school's greeting.
- **Participation in the Qigong course/practice under the influence of alcoholic beverages, drugs, or drugs that affect the consciousness is prohibited.**
- **In and around the conference room smoking is strictly prohibited!**
- Prior to the start of the course, please avoid both too heavy meals as well as feeling hungry. During the lectures and practice the consumption of food or liquids as well as chewing gum is not allowed.
- To ensure a pleasant and clean atmosphere, please avoid the consumption of strong-smelling foods before entering the conference room (sausages, salami, burgers or any food containing onions, garlic and the like). Please also avoid using perfumes or deodorants with strong smell.
- **Mobile phones must be turned off completely!!!**
- Sound and/or image recordings of the course on electronic devices are prohibited.

**Warning! Participants who do not follow the above rules will be asked to leave the conference room/the practice.**

- ◆ **I am aware that the Qigong practice is not a substitute for medical treatment. It is not a miracle healing but simply a physical and mental activity that is taught in specialized courses. For achieving the desired results it requires practical participation in the group as well as daily, individual practice.**
- ◆ I confirm having read and taken note of the basic rules of the Basic Rules conditioning the participation in the Qigong courses/practices and I accept them and I will follow them strictly.
- ◆ I acknowledge that by expressing my desire to practice qigong in the school of Master Lin Kai Ting, when signing up (online) to any of the activities organized by the qigong associations/ sports clubs which are members in the Qigong National Federation of Romania, I was granted **provisional membership** (for a period of 3 months) in the organizing association or the one near my home town.
- ◆ In order to become a full-fledged associate member, an official Registration Form is required. The Form can be downloaded from each participant's *QilinGong* personal account (*Download section on [www.qilingong.com](http://www.qilingong.com)*).

Health Observations:

Name & Surname

Signature: \_\_\_\_\_

(for minors, the legal representative)