

VIE TAI JI / TAI JI LIFE ® REGISTRATION FORM

Document Version: 2026-10-05-QC

This registration form must be fully completed and accepted before any person may participate in any activity offered by Vie Tai Ji / Tai Ji Life – Wendy Williams, including its associated programs, local initiatives, and sub-branches, namely **WENDEN Taijiquan** and **Maple Walk Method** (collectively referred to as “TJL”).

1. Participant Information

* *Mandatory field*

First Name *	Last Name *
Email *	Telephone
Address	City
Province *	Postal Code
Emergency Contact *	Emergency Phone *

2. Scope of Programs, Activities, and Events

Vie Tai Ji / Tai Ji Life – Wendy Williams (“TJL”) provides programs, activities, and events associated with body movement at physical (in-person) locations and online through web courses, video streaming, digital conferences, and educational materials. These include, without limitation: classes, workshops, seminars, training materials, articles, and instructional content across all its programs, including **WENDEN Taijiquan** and **Maple Walk Method**.

I understand that these programs are strictly educational and recreational in nature and do not constitute medical advice, physical therapy, or professional healthcare services.

3. Pre-Activity Health & Readiness Screening

Physical activity is safe for most people, but Tai Chi, Qi Gong, and martial arts training involve physical exercise that can be physically demanding. Participants are strongly encouraged to consult a physician before beginning.

Before completing this registration, please download, review, and complete the official Canadian Physical Activity Readiness Questionnaire (PAR-Q+ / Q-AAP+) available here: eparmedx.com. If you answer "YES" to any question on the PAR-Q+ / Q-AAP+, you must consult a physician before participating in TJL activities.

TJL does not collect your private medical questionnaires; your personal health information remains strictly confidential.

4. Personal Responsibility for Medical Fitness

I accept that I am solely responsible for determining whether I am physically, mentally, and medically fit to participate in TJL programs. If I have any health conditions, injuries, or physical limitations that could affect my safety or the safety of the group, I agree to verbally communicate them to Wendy Williams or the designated instructor prior to the start of class. I agree to monitor my own health and communicate any future updates regarding my physical condition.

5. Participant Acknowledgment of Inherent Risks

I acknowledge that the risk of injury in body movement and martial arts disciplines depends heavily on my personal physical state, environment, and the degree of care and attention I apply during practice. I recognize that risks associated with physical activity cannot be entirely eliminated, even with proper supervision.

6. Progression to Taijiquan Training Tools & Equipment

I understand that as I progress in my training, courses may introduce the optional use of traditional Taijiquan training tools and weapons—including, but not limited to: fans, sabres, swords, and spears. I acknowledge that handling these training tools involves unique spatial awareness and physical control, which carries an inherent risk of accidental contact, bruising, or impact. I agree to follow all safety protocols, spacing parameters, and handling rules issued by the instructor.

Safety Equipment Recommendation: I acknowledge that TJL strongly recommends the use of protective safety glasses during any classes involving training tools or weapons to minimize the risk of eye injury. Choosing to train without recommended safety eyewear is done entirely at my own discretion.

7. Online, Virtual, and Remote Practice Rules

For all classes taken virtually (via Zoom, video clips, or pre-recorded courses), I acknowledge that the instructor cannot physically inspect my environment or provide hands-on posture corrections. I assume full responsibility for ensuring my remote practice space is safe, level, clear of obstructions, and free of household hazards.

8. Assumption of Risks and Legal Framework

By choosing to participate in TJL programs, I voluntarily accept and assume the baseline risks naturally inherent to fitness and martial arts training (including muscle strains, minor accidents, or dizziness).

Quebec Legal Framework Acknowledgment: I recognize that under Article 1474 of the Civil Code of Québec, a business cannot legally exclude or limit its liability for bodily or moral injuries caused by intentional fault or gross negligence. Nothing in this document shall be interpreted as trying to bypass public order protections or exclude liability in circumstances where such an exclusion is strictly prohibited by Quebec law.

9. Right to Interrupt or Modify Participation

I retain the absolute freedom to stop, reduce, or modify my movements at any time during a session. I am encouraged to do so immediately if I experience pain, discomfort, dizziness, or distress. I am solely responsible for seeking professional medical attention if these symptoms occur.

10. Privacy Notice (Loi 25 Compliance)

Vie Tai Ji / Tai Ji Life is committed to protecting your personal information in accordance with Quebec's *Act respecting the protection of personal information in the private sector* (Law 25).

- **Information Collected & Purpose:** We collect your name, contact details, and emergency contact information strictly for the purposes of managing your registration, processing billing, issuing communications regarding your classes, and ensuring your safety during physical activities.
- **Means of Collection & Storage:** Your data is collected electronically or via physical forms. Because we use cloud-based service providers, your personal information may be transferred and stored securely on servers located outside of the province of Quebec (e.g., in the United States or Europe).
- **Your Rights:** You retain the absolute right to access your personal data, request corrections to inaccurate information, request data portability, or withdraw your consent to data processing at any time.
- **Contact Our Privacy Officer:** Wendy Williams | Email: wendy@taijilife.ca | Phone: 819-355-5100

11. Informed Consent, Code of Conduct & Privacy Agreement

I have carefully read this entire document, including the **Code of Conduct and Ethics (Version: 2026-10-05-QC)** and the **Law 25 Privacy Notice** stated above. I understand that maintaining a safe, respectful, and harassment-free environment is a shared responsibility, and that following all instructor guidelines—including safety rules for traditional training tools—is a mandatory condition of my participation. I explicitly consent to the collection and processing of my personal data for registration and safety purposes, including its secure transfer and storage on cloud servers located outside of Quebec.

By signing below, I provide my free, informed, and unconditional consent to all terms, safety requirements, risk acknowledgments, behaviour policies, and privacy terms stated in this entire document.

Participant Name (Printed): _____

Participant Signature: _____ **Date:** _____

(For participants under 18 years of age, a parent or legal guardian must sign below)

Parent/Guardian Signature: _____ **Date:** _____