

INTERNATIONAL KETTLEBELL ORGANIZATION (IKO)



LEVEL 1 INSTRUCTOR CERTIFICATION TERMS, LIABILITY WAIVER & PARTICIPATION AGREEMENT

By registering for the IKO Level 1 Certification Course, Participant agrees to the following:

1. ELIGIBILITY & EXPERIENCE REQUIREMENTS

No prior kettlebell sport experience is required.

Level 1 is designed for beginners, fitness enthusiasts, personal trainers, and coaches seeking a safe and structured introduction to kettlebell sport.

Participant represents that they:

- Are in general good health
- Are free from acute illness or active injury that would prevent safe participation
- Are able to perform basic physical activity without significant pain or discomfort
- Understand that all practical exercises should be performed according to individual abilities and limitations

IKO reserves the right to withhold certification if course requirements are not met.

2. ATTENDANCE REQUIREMENTS

Live attendance is encouraged, but not mandatory.

Participants are free to join and leave the live online sessions according to their schedule and individual needs.

Course recordings will be available to all participants for three (3) months following the event.

Certification requirements are as follows:

- Participants attending the live event must submit the Knowledge Test within seven (7) days following the live event.
 - Participants who do not attend the live event must watch the recording within ten (10) days following the live event and submit the Knowledge Test within seventeen (17) days following the live event.
 - Successful completion of both the Knowledge and Practical Tests is required for certification.
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3. NON-REFUNDABLE POLICY

All participation fees are strictly non-refundable.

By registering, Participant acknowledges that:

- No monetary refunds will be issued for any reason, including illness, scheduling conflicts, travel issues, or technical difficulties.
 - The participation fee may be applied toward another IKO certification or coaching service of equal financial value.
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4. ASSUMPTION OF RISK

Kettlebell sport training involves inherent physical risks including, but not limited to:

- Musculoskeletal injury
- Joint stress
- Overuse injury
- Cardiovascular strain
- Serious bodily injury

Participant voluntarily assumes all risks associated with participation.

5. MEDICAL RESPONSIBILITY

Participant represents that they are physically fit to participate and have no medical condition preventing safe involvement.

Participant accepts full responsibility for their health and participation.

IKO does not provide medical supervision or insurance coverage.

6. RELEASE OF LIABILITY (CALIFORNIA LAW)

To the fullest extent permitted by law, Participant releases and holds harmless:

International Kettlebell Organization (IKO), Denis Vasilev, instructors, agents, and affiliates, from any and all claims, liabilities, damages, or causes of action arising from participation in the Level 1 Certification, including claims based on ordinary negligence.

This release does not apply to gross negligence or willful misconduct.

7. EQUIPMENT & ONLINE RESPONSIBILITY

Participant is responsible for maintaining safe equipment and a safe training environment during online participation.

8. INTELLECTUAL PROPERTY

All course materials and recordings are the exclusive property of IKO and may not be reproduced, shared, or distributed without written permission.

9. GOVERNING LAW

This Agreement shall be governed by the laws of the State of California.

ACKNOWLEDGMENT & AGREEMENT

By checking the Terms & Conditions box during registration, Participant acknowledges and agrees that:

- Have read and understand this Agreement
- Understand the attendance and certification requirements
- Acknowledge the non-refundable participation fee
- Voluntarily assume the risks associated with participation
- Voluntarily waive certain legal rights