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## **Training/ Coaching/ Instruction (Live or pre recorded)**

- You agree that you are voluntarily participating and doing so at your own risk.
- A suitable non slip floor space is required and any potential obstructions in the vicinity are removed before you participate.
- Avoid activities if you have any current health concerns, injuries, aches and pains.
- Avoid physical contact with other participants and where appropriate, adhere to social distancing guidelines.

## **Personal Training / Program Design Services Disclaimers**

**Informed consent:** The programme will be based upon your present activity/exercise levels and the goals that you wish to achieve. You will experience some feelings of exertion during each activity session and will become hot and uncomfortable at times, if your plan includes certain types of cardiovascular exercise. Your breathing and heart rate will increase as a result of these activities as would be expected from physical exercise of this type. As your fitness improves, you will participate in more vigorous levels of activity if this is part of your goal, but these will be within your capabilities.

Activities will be explained and/or demonstrated either in person, video or with an exercise guide (depending on service that has been opted for) but please feel free to ask questions about anything you wish.

If, at any time, you feel undue pain or excessive discomfort stop the activity and inform your trainer of your symptoms. You are free to withdraw from any activity at any time you wish.

**Assumption of Risk:** Any exercise programme carries with it an element of risk. The sessions will be designed to minimise the risks whilst providing effective exercise/activity intensity. Please inform the instructor if, for any reason (such as illness or injury which might be aggravated by exercise, or eating certain foods), you should not participate in an activity.

You agree that you are voluntarily participating in any physical exercise or activity, including personal training, or using any facility or equipment, you do so at your own risk and assume the risk of any and all injury and/or damage you may suffer, whether while engaging in physical exercise or not.

**Release:** You agree on behalf of yourself (and all your personal representatives, heirs, executors, administrators, agents, and assigns) to release and discharge Trainer (and Trainer's affiliates, related entities, employees, agents, representatives,

successors, and assigns) from any and all claims or causes of action (known or unknown) arising out of the negligence of Trainer, whether active or passive, or any of Trainer's affiliates, employees, agents, representatives, successors, and assigns.

**Acknowledgments:** You are aware and agree that by executing this waiver and release, you are giving up your right to bring a legal action or assert a claim against trainer for trainer's negligence, or for any defective product used while receiving personal training from trainer. You have read and voluntarily signed the waiver and release and further agree that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.

### **Medical Health / Pre-activity Readiness Questionnaire (Par-Q)**

#### **If you have answered 'YES' to one or more questions on the Medical Health Form:**

Talk to your doctor by phone or in person before you start becoming more physically active and before you have a fitness assessment.

Tell your doctor about the questionnaire and which question(s) you have answered yes to. You may be able to do any activity you want - as long as you begin slowly and build up gradually, or you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kind of activity you wish to participate in and follow his/her advice.

#### **If you have answered 'NO' to all questions on the Medical Health Form:**

You can be reasonably sure that you can start to become more physically active and take part in a suitable exercise program. Remember - begin slowly and build up gradually.

Please note: If your health changes so that subsequently you answer 'YES' to any of the above questions, inform your fitness or health professional immediately. Ask whether you should change your physical activity or exercise plan. Delay becoming more active if you feel unwell because of a temporary illness such as flu - wait until you are better.