

Barreworks

INFORMED CONSENT AND WAIVER & RELEASE OF LIABILITY

I have volunteered to participate in a program of progressive physical exercise and have engaged the services of *Barreworks* for instruction. I intend to assume all risk of injury from my participation. To that end I acknowledge and agree to the following:

I am aware that *Barreworks* is here to serve me by sharing knowledge of physical fitness.

I recognise that these activities may at times be strenuous. By my participation in any of these activities, I present to you that I am physically fit. I know that I have the right to choose which exercises I do or do not perform, in addition to withdrawing from any exercise at any time. The muscle and cardiovascular conditioning program at *Barreworks* utilises the method of stretching and strengthening used in classical ballet and pilates. During and after exercise there exists a potential for muscle soreness and stiffness, and while any outcomes of a more serious nature are rare, abnormal blood pressure, fainting, disorders of the heartbeat, and instances of heart attack and death. I assume all of the foregoing risks, and accept personal responsibilities for any other damages or other injury I might suffer. It is my responsibility to ascertain that there is no medical reason to prevent my participation. I assume full risk for any injuries which I may incur and waive any claim that I might at any time for injury of any sort against *Barreworks* or any person or entity in any way involved herewith.

I have advised *Barreworks* of any pregnancies and have completed a Pregnancy PAR-Q (pre-screening) form advising of any contra-indications to exercise.

I have advised *Barreworks* of any relevant previous, recent or current injuries or conditions I have or have had and agree to keep this information up-to-date in my online profile.

I take full responsibility for my personal belongings. *Barreworks* prides itself on being a secure environment but, like everywhere, some theft can occur. I will therefore not bring valuable personal property to the studio and will take all reasonable precautions to protect any personal property brought to the studio. The studio shall not be liable for the loss or theft of, or damage to, the personal property of clients.

I have read and understand this Informed Consent and Waiver and Release of Liability and it accurately sets forth my intentions and I agree to be bound by its provisions.

Name:

Signature:

Date: