

Gunnedah Health & Fitness Co

Group Session Client Declaration



Name: _____ Date of Birth ___/___/___ Age: _____

Email address: _____

Mobile Number: _____

Emergency Contact: _____ Relationship: _____

Phone Number: _____

PARTICIPANT RELEASE AND KNOWLEDGE OF AGREEMENT

I, _____, wish to participate in the exercise and fitness classes offered by Gunnedah Health & Fitness Co (GHAFC).

I have informed the instructor of any injuries and/or medical history that is relevant to my participation in the program (noted below). I understand and agree that it is my responsibility to inform all employees of any conditions or changes in my health, now and on going, which might affect my ability to exercise safely and with minimal risk of injury. If I have a child/children present, I understand that they are completely my responsibility and no liability shall be taken, for their wellbeing and/or safety, by any persons associated with GHAFC. I also acknowledge that I have read and agree to adhere to GHAFC's COVID policies and have not been in or near a "hot spot" within the last fourteen days.

Injuries and/or medical conditions: _____

I understand that I am not obligated to perform nor participate in any activity that I do not wish to do, and that it is my right to refuse such participation at any time during my training sessions. I understand that should I feel lightheaded, faint, dizzy, nauseated, or experience pain or discomfort, I am to stop the activity and inform the instructor.

I understand the results of any fitness program cannot be guaranteed and my progress depends on my effort and cooperation in and outside of the sessions.

I understand that during the classes, the instructor may have to touch my muscles or joints to correct alignment and/or to focus my concentration on a particular muscle area to be targeted. If I feel uncomfortable or experience any type of discomfort with this form of touch, I will immediately request that it be discontinued.

I have read this Release and Terms of Agreement and I understand all of its terms. I sign it voluntarily and with full knowledge of its significance.

CLIENT (or Guardian if client <17)

DATE