



## BODY WISE PERSONAL TRAINING AND NUTRITION

### All BodyWise Classes and Personal Training Sessions

(Anyone participating in any of the BodyWise classes or Personal Training Sessions MUST complete the below form before participating in a class)

I knowingly, freely and voluntarily assume all risks and engage myself in the participation of the above mentioned activities.

I, the undersigned, am aware that there are significant risks involved in all aspects of athletic activities and physical training.

These risks include, but are not limited to: falls which can result in serious injury or death; injury or death due to negligence on the part of myself, or other people around me; injury or death due to improper use or failure of equipment.

I am aware that any of these above mentioned risks may result in serious injury or death to myself. I understand that the training may involve gymnastics movements, strenuous bodyweight exercises and other high exertion activities, and 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 session.

I understand that should I feel light-headed, faint, dizzy, nauseated, or experience pain or discomfort, I am to stop the activity and inform my trainer.

I hereby release BodyWise Personal Training and Nutrition from any and all liability arising out my participation of the above mentioned activities and hereby waive my rights herein to assert any claim(s) for damages, bodily injury or serious bodily injury.

(The term "INJURY" shall refer to all forms of physical, mental and emotional injury in anyway related to athletic activity and training activities including, but not limited to: death, breaks, strains, lacerations, dislocations, exercise induced rhabdomyolysis, heart failure, concussion, heat illness, dehydration, trauma, anxiety, and fears.)

I further agree that I will not hold Body Wise Personal Training and Nutrition against any and all claim(s) for damages, bodily injury or serious bodily injury arising out of or in connection of my participation in the above mentioned activities whether caused by negligence or otherwise.

I willingly assume full responsibility for the risks that I am exposing myself to and accept full responsibility for any injury or death that may result from participation in any activity or class while at, or under direction of BodyWise Personal Training and Nutrition.

I am aware that this agreement is ongoing and will apply to all future occasions I participate in athletic activities and training at BodyWise Personal Training and Nutrition.

I acknowledge that I have no physical impairments, injuries, or illnesses that will endanger me or others.

I fully understand the terms set forth in this form, and I hereby execute this Physical Activity Release of Liability Form.

Please Turn Over

Bungee Dance Class and Ariel Yoga

(This section only need to be completed if you are participating in Ariel Yoga or Bungee Dance)

At BodyWise Personal Training and Nutrition, your health and safety are paramount and all due care is taken to ensure you participate in all activities safely.

So to participate in Bungee Dance and Ariel Yoga you must provide an accurate indication of your weight.

This is due to equipment limitations and health and safety.

Your weigh must be under 100kgs to safely participate.

Please indicate your weight below.

This must be an accurate indication of your weight.

Staff may ask you to weight yourself on BodyWise scales to ensure your safety.

Under 18 years

Name: ..... Age..... Weight: .....

Name: ..... Age..... Weight: .....

Name: ..... Age..... Weight: .....

RESPONSIBLE ADULT

Signed.....Date.....

Address.....

Email.....Phone.....

EMERGENCY CONTACT

Name.....Phone Number.....

Relationship to you.....