



## Aerial Sports and Fitness Disclaimer

- Please read and complete this form before your class starts.
- Aerial Sport & Fitness accepts no liability for injuries/ illness or death during the course of their sessions, your exercise program is entered into entirely at your own risk.
- Students with little or no dancing/fitness experience are welcome, as are experienced dancers or fitness fanatics.
- There is no upper age limit. Aerial Sport & Fitness requests that all students are over 18.
- If under 18 parent/guardian responsible signature will be needed.
- For your own safety, do not consume alcohol or drugs before coming to lessons.
- When taking up any new sporting activity where friction occurs, some bruising may result. This is possible and likely especially at the beginning when learning pole or Aerial Fitness. Aerial Sports and Pole fitness are a fantastic all over body workout; however, most people find that it takes a couple of weeks for your body to adapt to supporting weight on parts of your body where you wouldn't normally support weight, for example, the back of your knees, or the inside of your thighs.
- I am aware of the possibility of bruising or injury due to the nature of Aerial Sports and pole fitness.
- We advise you to consult a medical practitioner before engaging in any physical activity.
- I do not have any reason to believe that I have any medical conditions which makes any of the Aerial Sports or Pole Fitness an unsuitable activity for me.
- I understand that if injuries do occur, it is my responsibility and not the responsibility of Aerial Sport & Fitness or my instructor. I will not hold either party responsible.
- I agree to listen to and abide by the instructions issued by my instructor at all times
- I agree not to invert without the supervision and permission of my instructor and before I have learnt spotting and dismount techniques.
- I understand that whilst every effort is taken to ensure my safety during the lessons, I am taking part in a sport and like any other there is always a possibility of getting hurt.
- I have read and understood the terms and conditions.

Your details are confidential and are for our records only. Please rest assured that your details will not be passed on to any third parties. They are used by us to ensure the records we hold are up to date and that we can contact you/ next of kin in the event of an emergency.

By completing this form you agree that you have read and understood the terms.

We like to use pictures of our students on our social media. If you would rather we didn't use your pictures please tick the relevant box?      Yes/No

Your Full Name (required).....

Your e-mail (required) .....

Telephone No.....

Date.....

Next of Kin Name & No.....

Signed.....