LARGS BAY
HEALTH & YOGA

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Agreement for Participating in Online Classes

The 'Trainer/Teacher' refers to the Australian Registered Business 'Largs Bay Health & Yoga'.

The 'Activity' refers to the participation in online personal or group strength, fitness / conditioning training and yoga classes.

- I acknowledge that it is a condition of participating in this activity that I do so at my own risk. I accept all risks and hereby indemnify and release the Trainer/Teacher, their agents, affiliates, contractors, members, sponsors, promoters and any person or body directly and indirectly associated with the Trainer/Teacher, against all liability claims (including liability for their negligence and the negligence of others), demands and proceedings arising out of or connected with my participation in this activity.
- This release and indemnity continues forever and binds my heirs, successors, executors, personal representatives and assigns.
- I acknowledge that participating in this activity may involve a risk of serious injury or even death from various causes including:
    - over exertion,
    - dehydration,
    - equipment failure and,
    - accidents with equipment and surroundings, including equipment that has been hired from Largs Bay Health & Yoga.
- I recognise the difficulties associated with the activity and attest that I am physically fit to participate safely in the activity and that a qualified medical practitioner has not advised me otherwise.
- I understand the demanding physical nature of this activity. I am not aware of any medical condition, injury or impairment that will be detrimental to my health if I participate in this activity. In the event that I become aware of any medical condition, injury or impairment that may be detrimental to my health if I participate in this activity, my Trainer/Teacher will be immediately informed. By continuing to participate in this activity, I accept the risks despite these conditions and will always be under the terms of this agreement.
- I certify that I am 18 years or older and have read this document and fully understand it or:
  As a parent or guardian of the participant, I agree to the above for myself and on behalf of the participant and I indemnify and will keep indemnified any person or body directly or indirectly associated with the conduct of the activity or the terms referred to.

Signature of Participant: _____ Date: _____
(guardian / parent to sign if under 18 years of age)

Name or Participant: _____

Signature of Trainer/Teacher: _____ Date: _____

Name of Trainer/Trainer: _____